

## **Chicken Kabobs**

4-6 chicken breasts

2 bell peppers, cut into 1-inch pieces

### **Shish Kabob Marinade:**

1/2 cup olive oil

1/4 cup balsamic vinegar, NO sugar added

1 1/2 tablespoons Dijon mustard

2 teaspoons minced garlic

1 1/2 teaspoons Himalayan sea salt

1/2 teaspoon black pepper



1. Thaw and trim chicken breasts. Pat down with a paper towel and cut into 1 1/2-2" chunks. Then place in a glass bowl or zip top bag. Add the bell peppers. Then add the olive oil, balsamic vinegar, Dijon mustard, garlic, salt and pepper. Toss until it is mixed well. Place in the refrigerator for at least 30 minutes.

2. Preheat grill to medium-high heat.

3. Thread chicken and bell peppers through skewers. Alternate the chicken and peppers until everything is used up. Then place on the grill for 5 to 6 minutes per side (or until a thermometer reads 160° to 165°F and the center is no longer pink). Other vegetables you can add: Zucchini Cherry tomatoes Mushrooms Onions

Option – Can Place skewers in oven at 450 degrees for 25 minutes

Serving Size = 3 ounces of chicken with 2 teaspoons of marinade and 2 cups of vegetables