

GRILLED MEDITERRANEAN CHICKEN VEGETABLE KABOBS

NUTRITION FACTS

Serving Size: 1 kabob (recipe makes 4 kabobs)

Calories: 280 | Carbohydrate: 10g | Protein: 29g | Total Fat: 15g | Saturated Fat: 4g | Sodium: 370mg | Fiber: 3g

INGREDIENTS

Rosemary-Lemon Marinade

- 1/4 cup Lemon juice
- 3 Tbsp Olive or vegetable oil
- 2 tsp Chopped fresh rosemary leaves or 1 teaspoon dried rosemary leaves
- 1/2 tsp Salt
- 1/4 tsp Pepper
- 4 cloves Garlic, finely chopped

Chicken and Vegetables

- 1 pound Boneless skinless chicken breasts, cut into 1 1/2 inch pieces
- 1 Medium red bell pepper, cut into 1-inch pieces
- 1 Medium zucchini or yellow summer squash, cut into 1-inch pieces
- 1 Medium red onion, cut into wedges
- 1/4 cup Crumbled feta cheese (optional)

DIRECTIONS

1. In shallow container or resealable food-storage plastic bag, mix all marinade ingredients. Add chicken, and coat with marinade. Cover container or seal bag; refrigerate for at least 30 minutes but no longer than 6 hours.
2. Preheat grill to medium heat. Remove chicken from marinade; reserve marinade for later use.
3. Thread chicken, bell pepper, zucchini and onion alternately onto four 15-inch skewers. (If using wooden skewers, follow manufacturer directions for pre-soaking).
4. Brush formed kabobs with marinade.
5. Grill kabobs over medium heat 10 to 15 minutes, turning and brushing frequently with marinade, until chicken is cooked to an internal temperature of 165°F.
6. Remove kabobs from grill and place onto serving platter.
7. Sprinkle feta cheese over kabobs (optional) and serve.

NOTES

Recipe inspired by <https://www.bettycrocker.com/recipes/grilled-mediterranean-chicken-vegetable-kabobs/>





ConnectCare3®

**GRILLED
MEDITERRANEAN
CHICKEN VEGETABLE
KABOBS**



Scan Here for More Recipes!

