

## Grilled Chicken Kabobs

Prep time 20 min      Cook time 15 minutes      Marinating time; 1 hour      Servings 4

### Ingredients:

1 pound boneless skinless chicken breasts cut into 1 inch pieces  
¼ cup olive oil  
1/3 cup soy sauce  
¼ cup honey  
1 teaspoon minced garlic  
Salt and pepper to taste (I didn't add salt because the soy sauce was salty enough)  
1 red bell pepper cut into 1 inch pieces  
1 yellow bell pepper cut into 1 inch pieces  
2 small zucchini cut into 1 inch slices  
1 red onion cut into 1 inch pieces  
1 tablespoon chopped parsley (optional)

### Instructions:

1. Place the olive oil, soy sauce, honey, garlic and pepper in a large bowl.
2. Whisk to combine. Reserve small amount of marinade in separate bowl for basting once skewers are on the grill.
3. Add the chicken to the large bowl. Toss to coat in the marinade.
4. Cover and refrigerate for at least 1 hour, or up to 8 hours.
5. Soak wooden skewers in cold water for at least 30 minutes. Preheat grill or grill pan to medium high heat.
6. Thread the chicken and vegetables onto the skewers. Brush skewers with reserved marinade.
7. Cook for 5-7 minutes on each side or until chicken is cooked through.
8. Sprinkle with parsley and serve.

**Notes: Broiler Instructions:** Preheat the broiler. Coat a sheet pan with cooking spray or cover with foil for easy clean up. Place the skewers in a single layer on the sheet pan. Broil for 5 minutes, then flip the skewers and broil on the other side for 5 more minutes.

**Suggestions:** Can use mushrooms, yellow squash, yellow onions, any color bell pepper, peaches or pineapple also work well. This recipe is easily doubled to meet your family's needs. Be creative and enjoy! Kebobs pair well with rice pilaf.