

Grilled Chicken Vegetable Kabobs

Ingredients

2 teaspoons olive oil

3 tablespoons fresh lemon juice

Ground black pepper to taste

1-pound boneless chicken breast without skin, cut into 2-inch cubes

4 wooden skewers

8 cherry tomatoes

12 whole bay leaves

1 medium onion, cut into 1-inch cubes

1 medium green pepper cut into cubes

2 cups cooked brown rice



Makes 4 servings

Prep time: 1 hour & 15 minutes

Cook time: 10 minutes

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Preparation

In a small bowl, mix olive oil, lemon juice, and ground black pepper; pour over chicken and marinate one hour in the refrigerator. To make skewers, thread tomato, chicken, bay leaf, onion, and bell pepper; repeat. Brush with marinade. Grill over medium heat for 5 minutes on each side or until cooked through. Discard bay leaf before serving. Serve over ½ cup brown rice.

Nutritional information per serving

Calories 297

Carbohydrate 29 g

Dietary Fiber 5 g

Protein 28 g

Total Fat 7 g

Saturated Fat 2 g

Trans Fat 0 g

Cholesterol 68 mg

Sodium 73 mg

Recipe: Everyday Healthy Meals