

COOKING FOR WELLNESS

Grilled Chicken Kabobs

Ingredients

- 1 lb. chicken breast, cut into 1-inch cubes
- Choice of veggies:
 - 2 bell peppers (yellow, orange, red, or green) cut into medium squares
 - ½ red onion into medium size pieces
 - Red cherry tomatoes
 - 2 T olive oil



Marinade

- 1 T Italian seasoning
- ½ T crushed garlic
- 1 tsp smoked paprika or cumin
- ½ tsp salt
- ¼ tsp pepper
- ¾-3/4 c olive oil
- 2 T lemon or lime juice

Instructions

1. Season chicken with marinade in large plastic bag to blend well, let stand for 10 min up to overnight
2. Build kabobs on skewers with chicken and veggies
3. Preheat grill pan with about 1 T olive oil
4. Cook skewers for 3-4 min each side until chicken is fully cooked

Nutrition Information

2 skewers

380 calories, 20 g fat, 10 g carb, 2 g fiber, 25 g protein, 350 mg sodium

Recipe adapted from Dr. Davinah Eats. <https://drdavinahseats.com/recipes/easy-grilled-chicken-kababs-recipe>.



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<https://www.cancersupportohio.org/programs-and-services/cooking-for-wellness-recipe-archives?hsLang=en>
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