



Grilled Chicken Vegetable Kabobs

Try these kabobs at your next family barbecue.

Makes 4 servings. 1 skewer per serving.

Prep time: 1 hour and 15 minutes **Cook time:** 10 minutes

Ingredients

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| 2 teaspoons olive oil | 4 wooden skewers |
| 3 tablespoons fresh lemon juice | 8 cherry tomatoes |
| ground black pepper to taste | 12 whole bay leaves |
| 1 pound boneless chicken breast without skin, cut into 2-inch cubes | 1 medium onion, cut into 1-inch cubes |
| | 1 medium green bell pepper, cut into 1-inch cubes |
| | 2 cups cooked brown rice |

Preparation

1. In a small bowl, mix olive oil, lemon juice, and ground black pepper; pour over chicken and marinate one hour in the refrigerator.
2. To make skewers, thread tomato, chicken, bay leaf, onion, and bell pepper; repeat.
3. Grill over medium heat for 5 minutes on each side or until cooked through. Discard bay leaves before serving.
4. Serve each kabob over $\frac{1}{2}$ cup of brown rice.

Nutrition 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