



Grilled Chicken Vegetable Kabobs

INGREDIENTS

- 2 TEASPOONS OLIVE OIL
- 3 TABLESPOONS LEMON JUICE FRESH
- BLACK PEPPER AND SALT TO TASTE
- 1 POUND CHICKEN BREAST BONELESS, SKINLESS, CUT INTO 2-INCH CUBES
- 8 CHERRY TOMATOES
- 1 ONION MEDIUM, CUT INTO 1-INCH CUBES
- 1 GREEN BELL PEPPER MEDIUM, CUT INTO 1-INCH CUBES
- OPTIONAL- ADD PINEAPPLE CHUNKS
- 2 CUPS BROWN RICE COOKED

DIRECTIONS

1. IN A SMALL BOWL, WHISK 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, ONION, AND BELL PEPPER, AND OPTIONAL PINEAPPLE; REPEAT.
3. GRILL OVER MEDIUM HEAT FOR 5 MINUTES ON EACH SIDE OR UNTIL COOKED THROUGH.
4. SERVE EACH KABOB OVER ½ CUP OF BROWN RICE

source: eatfresh.org

