



CHICKEN KABOBS

SERVES: 4

TIME: 45 MINUTES

INGREDIENTS:

- 1 lb boneless skinless chicken breasts, cut into 1½ inch pieces
- 1 bell pepper, cut into 1 inch pieces
- 1 C zucchini (cherry tomatoes work too!)
- 1 red onion. Cut into 1 inch pieces
- 1 C Pineapple (peach, nectarine work too!), cut into 1 inch pieces
- ¼ C GINGER DRESSING
- 1 TBSP chopped herbs (cilantro, chives, parsley)

DIRECTIONS:

1. Prep ingredients.
2. Add chicken, bell peppers, zucchini and onion to a bowl. Add GINGER DRESSING, toss to coat and let sit for at least 30 minutes.
3. Meanwhile, soak wooden skewers in cold water for approximately 30 minutes.
4. Preheat grill or grill pan to medium high heat.
5. Thread the chicken, vegetables and pineapple onto the skewers.
6. Cook for 5-7 minutes on each side or until chicken is cooked through.
7. Sprinkle with chopped cilantro (or herb of your choice) and enjoy!

SONG: All I Wanna Do by Sheryl Crow