



Grilled Chicken Vegetable

Kabobs



Ingredients



Adapted from *EatFresh.org*

- 2 teaspoons Olive Oil
- 3 tablespoons Lemon Juice *fresh*
- Black Pepper *to taste*
- 1 pound Chicken Breast *boneless, skinless, cut into 2-inch cubes*
- 8 Cherry Tomatoes
- 12 Whole Bay Leaves
- 1 Onion *medium, cut into 1-inch cubes*
- 1 Green Bell Pepper *medium, cut into 1-inch cubes*
- 2 cups Brown Rice *cooked*



Directions



Yield: 4 kabobs Serving size: 1 kabob

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, 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 ½ cup of brown rice.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Cooking Tips



- For veggie kabobs, try other proteins like tofu.
- Have other veggies in your kitchen? Mushrooms, peppers and even root veggies like carrots can also work well.
- Pair kabobs with a yogurt sauce for a Mediterranean flavor!

Nutrition Facts

Serving Size 1.00
Serving Per Container 4

Amount Per Serving

Calories 297

	% Daily Value*
Total Fat 7 g	9%
Saturated Fat 2 g	10%
Sodium 73 mg	3%
Total Carbohydrate 29 g	11%
Dietary Fiber 5 g	18%
Protein 28 g	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Second Harvest is an equal opportunity provider.



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