

BASIL GARLIC CHICKEN KABOBS



ingredients:

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| 3 Tablespoons red wine vinegar | 1 large sweet red pepper, cut into 1½-inch chunks |
| 3 Tablespoons olive oil | 1 large green pepper, cut into 1½-inch chunks |
| 2 Tablespoons chopped red onion | 1 large red onion, cut into 1½-inch wedges |
| 2 Tablespoons minced fresh basil | 16 basil leaves |
| 2 garlic cloves, minced | |
| 1/4 teaspoon salt | |
| 1/4 teaspoon pepper | |
| 2 pounds boneless, skinless chicken breasts, cut into 1½-inch cubes (total of 30) | Special equipment: Metal or soaked bamboo barbecue skewers |

directions:

1. In a large resealable plastic bag, combine red wine vinegar, olive oil, chopped red onion, minced basil, minced garlic, salt and pepper. Seal and mix ingredients.
2. Reopen bag and add chicken. Seal bag and shake to coat the chicken with the marinade. Refrigerate 8 hours or overnight.
3. Drain the chicken and discard the marinade.
4. On 6 metal or soaked bamboo skewers, alternately thread chicken, red pepper, chicken, green pepper, chicken, red onion, chicken, basil leaf. Distribute ingredients evenly onto each of the 6 skewers.
5. Grill, covered, over medium heat for 5-7 minutes on each side or until chicken juices run clear.

Yield: 6 kabobs

Nutrition Information Per Serving:

273 Calories
11 grams Fat
2 grams Saturated Fat
102 mg Cholesterol
188 mg Sodium
2 grams Carbohydrates
1 gram Fiber
38 grams Protein

Food exchanges:
5 protein, 1 vegetable



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