

Chicken-Veggie Kebobs

The amount of kebobs you make is dependant upon your required amount of units. See your individual menu page for your amounts.

2 units = (2 oz. chicken + your vegetables)

3 units = (3 oz. chicken + your vegetables)

4 units = (4 oz. chicken + your vegetables)

5 units = (5 oz. chicken + your vegetables)

Ingredients:

4 (6 oz.) boneless, skinless Chicken Breast Meat

1/4 cup Dry White Wine (NOT A WINE YOU LIKE TO DRINK!)

1/3 cup Fresh Orange Juice

2 Tbsp. Light Olive Oil

2 Tbsp. Low-Sodium Soy Sauce

2 Tbsp. Worcestershire Sauce

1 tsp. Ground Ginger

1 tsp. Garlic Powder

8 Cherry Tomatoes

8 Large Mushrooms

1 Bell Pepper, cut into 1" pieces

*Wooden or Metal Skewers

Olive Oil Cooking Spray

*If using wooden skewers, begin soaking them in water to prevent burning them.

Directions:

Step 1: Cut raw chicken into your particular ounce size chunks. Set aside.

Step 2: In a medium sized bowl, whisk together wine and the next 6 ingredients (through garlic powder). Reserve 1/4 cup for basting. Pour remaining marinade into a freezer zippie; add chicken chunks. Seal and chill for up to 2 hrs., turning occasionally.

Step 3: Remove marinade chicken from bag and discard the used marinade.

Thread your particular unit amount of chicken onto the skewers intermitantly with the vegetables, beginning and ending with a piece of bell pepper.

Prepare your grill or grill pan by spraying it with Olive Oil Cooking Spray and heating on medium-high.

Step 4: When grill is hot, place the skewers on and cover under 350° for about *15 - 20 minutes, turning once and basting occasionally with the reserved marinade.

*if you are using 2 oz. chicken chunks, time may be less. Watch it carefully!

C's Hints: Do not over-cook! Do a check on one piece of the chicken to see if it's no longer pink after about 10 minutes. You should not turn the skewers more than once.