

BEYOND HUNGER

GRILLED CHICKEN AND VEGETABLE SKEWERS

Grilled chicken and vegetables skewers are a quick and easy meal to enjoy during any season. What's great about these skewers is that they can be customized to your liking – feel free to substitute the vegetables listed in the recipe with some of your favorites!

Yield: 6 Skewers

Serving size: 1 Skewer

Ingredients:

For the **chicken marinade**:

- ¼ cup **olive oil**
- ¼ cup fresh **basil**, chopped
- ¼ cup fresh **parsley**, chopped
- 2 cloves of **garlic**, minced
- 1 **lemon**, juiced
- 1 tsp **salt**

For the **skewers**:

- ½ pound **chicken** (boneless, skinless thighs or breasts), cut into 1-inch pieces
- 1-2 **onions**, cut into 1-inch pieces
- 1-2 **bell peppers**, cut into 1-inch pieces
- 1-2 **summer squashes**, cut into 1-inch pieces
- 6 wooden or metal **skewers**

Instructions:

1. Combine ingredients for the marinade in a large bowl or Ziplock bag. Add the chicken pieces and coat thoroughly. Cover the bowl or seal the bag and marinate for at least 30 minutes and up to 2 hours.
2. Fire up the grill and set to medium-high to high heat. *
3. Build the skewers by threading the chicken and vegetables onto the skewers, placing one of each ingredient on the skewer and repeating until the skewer is full.
4. Grill the skewers over medium-high to high heat, turning occasionally so they cook evenly until the chicken is cook through, about 10 minutes total.
5. Remove from the grill and enjoy!

* **Chef's Note:** If you don't have access to a grill, this recipe is easy to make on the stovetop or even in the oven. On the stovetop, heat a pan or skillet over medium-high heat and cook the skewers for 4-6 minutes, rotating every couple of minutes until the vegetables are tender and the internal temperature of the chicken reaches 165 degrees Fahrenheit. In the oven, preheat the oven to 450 degrees Fahrenheit. Line 1-2 baking sheets with aluminum foil and place the skewers on the baking sheets. Bake the skewers in the oven for 25-30 minutes, flipping the skewers about halfway through, or until the chicken reaches an internal temperature of 165 degrees Fahrenheit.

Per Serving: Calories 159, Protein 9.6 g, Saturated Fat 1.6 g, Sodium 410.3 mg, Fiber 1.4 g, Sugars 3.7 g

This recipe was adapted from www.freshoffthegrid.com.