

Grilled Chicken Skewers

Chicken skewers are a great way to add fruits and vegetables to your meat dish. This recipe includes a variety of fruits and vegetables mixed with chicken and placed on wooden skewers. With the marinade, this recipe creates a delish way to enjoy this summer meal.

Yields: 4 skewers

Serving Size: 1 skewer

Ingredients

- ¼ cup **olive oil**
- 1/3 cup **soy sauce**
- ¼ cup **honey**
- 1 tsp **garlic**, minced
- **Black pepper** to taste
- 1-pound **boneless, skinless chicken breast**, cut into 1-inch pieces
- 1 **bell pepper**, cut into 1-inch squares
- 1 cup **pineapple**, cut into 1-inch squares
- 2 small **zucchinis**, cut into 1-inch squares
- 1 medium **red onion**, cut into 1-inch squares
- 1 Tbsp **parsley** (optional for garnish)

Instructions:

1. Combine the olive oil, soy sauce, honey, garlic, and black pepper in a large bowl.
2. Whisk to combine.
3. Add the chicken, bell peppers, pineapple, zucchini, and red onion to the large bowl. Stir to coat in the marinade.
4. Cover and refrigerate for 1 – 8 hours.
5. Soak wooden skewers in cold water for at least 30 minutes. Preheat the grill or grill pan to medium heat.
6. Carefully poke the chicken and vegetables onto the skewer in desired pattern.
7. Cook for 5 – 7 minutes on each side or until the chicken is cooked through.
8. Sprinkle with parsley and serve.

Chef's Note: Be sure to wash your hands for 20 seconds under warm water and with soap when handling raw chicken.

Per Serving: Calories 381 kcal, Carbohydrates 30g, Protein 29g, Saturated Fat 3g, Sodium 615mg, Fiber 2g, Sugars 22g
This recipe was adapted from dinneratthezoo.com.