

## CHICKEN KEBABS

Serving Size: 6

### INGREDIENTS:

- chicken (or beef) 3 breasts
- peppers 2 full
- onion 1
- cherry tomatoes 1 small box

### Marinade:

- brown sugar 1/4 cup
- garlic 1 clove
- lemon juice 2 tbsp
- olive oil 1/2 cup
- cumin 1/2 tsp
- salt
- black pepper

### METHOD:

### EQUIPMENT:

- wooden skewers
- bowls
- gloves
- measuring cups
- measuring spoons
- cheese knife
- paring knife
- chopping board



1. Mix marinade ingredients together in a bowl. Cut chicken into cubes (1 inch square) and place in marinade. Cover with plastic wrap and refrigerate 1-1.5 hours.
2. Thread meat onto skewers that have been soaked in water for several hours. Drizzle chicken with a little oil. Grill on BBQ or sear in hot frying pan and finish by baking in a 350 degree oven.
3. Thread vegetables alternately onto separate skewers and begin 5 minutes after you have begun cooking the chicken kabobs. Take care to not allow vegetables to burn.

ENJOY ☺