



# Grilled Chicken Vegetable Kabobs

*Try these kabobs at your next family barbecue.*

**Makes 4 servings.** 1 skewer per serving.

**Prep time:** 1 hour and 15 minutes **Cook time:** 10 minutes

## Ingredients

2 teaspoons olive oil	4 wooden skewers
3 tablespoons fresh lemon juice	8 cherry tomatoes
ground black pepper to taste	12 whole bay leaves
1 pound boneless chicken breast without skin, cut into 2-inch cubes	1 medium onion, cut into 1-inch cubes
	1 medium green bell pepper, cut into 1-inch cubes
	2 cups cooked brown rice

## Preparation

1. In a small bowl, mix olive oil, lemon juice, and ground black pepper; pour over chicken and marinate one hour in the refrigerator.
2. To make skewers, thread tomato, chicken, bay leaf, onion, and bell pepper; repeat.
3. Grill over medium heat for 5 minutes on each side or until cooked through. Discard bay leaves before serving.
4. Serve each kabob over  $\frac{1}{2}$  cup of brown rice.

**Nutrition information per serving:** Calories 297, Carbohydrate 29 g, Dietary Fiber 5 g, Protein 28 g, Total Fat 7 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 68 mg, Sodium 73 mg