

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

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
- 3 tablespoons fresh lemon juice ground black pepper to taste
- 1 pound boneless chicken breast without skin, cut into 2-inch cubes

- 4 wooden skewers
- 8 cherry tomatoes
- 12 whole bay leaves
- 1 medium onion, cut into 1-inch cubes
- 1 medium green bell pepper, cut into 1-inch cubes
- 2 cups cooked brown rice

Preparation

- 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.