



Chicken Kabobs

These Kabobs are just plain delicious. They keep great in the fridge too, so I like to make extras to serve over salad the next couple of days after. Don't forget, you will need kabob skewers for this recipe.

Ingredients

- 1 small chicken breast per person, or ½ breast if large
- 1 red pepper
- 1 orange pepper
- 1 yellow pepper
- 1 container cherry tomatoes
- 1 red onion
- Bamboo or metal kabob skewers

For Seasoning, use a dash of each

- Cayenne pepper powder
- Garlic powder
- Celtic sea salt
- Rosemary
- Thyme
- Oregano
- Black Pepper

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Directions

Hint: Presoak the bamboo skewers for 20 minutes or so, and they won't burn; or use metal reusable skewers.

Start by seasoning the chicken. You can use the seasoning above, or use an organic chicken rub. While the chicken breast is marinating, cut the peppers (remove the seeds) into approximately 2 inch by 1 inch pieces. After you cut the peppers, quarter the onion and cut to approximately the same size as the peppers.

After the chicken has marinated for a few minutes, cut the breast into large square chunks. Depending on the size of the breast, each breast should yield about 8 large, square pieces.

Time to skewer the goods. Put all the veggies on there own screws, and the chicekn on seperate scewers alone. This is because the veggies have a quicker grilling time then the chicken.

A great way to cook the kabob is on an open barbeque flame. Keep it on the grill until the chicken is NOT pink inside. Cut a piece with a knife to make sure that the chicken is thoroughly cooked all the way through. The veggies take less time to cook, you can remove them when they are the desired tenderness.

For more great healthy recipes like this, check out my "Optimal Energy Recipes"
downloadable e-Cookbook at www.RoseCole.com/Cookbook!

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