

# Chicken Shish Kabob



## Ingredients

- 1 lb boneless chicken
- ¼ cup olive oil
- ¼ cup red wine vinegar
- 2 tsp honey
- 1 Tbsp minced garlic
- 1 tsp Italian seasoning
- 1 tsp salt
- ½ tsp pepper
- 1 onion
- 2 bell peppers
- Cherry tomatoes

## Utensils

- Skewer sticks
- Measuring cups and spoons
- Whisk
- Spatula
- Mixing bowl
- Tongs
- Oven mitt



# Recipe Instructions

## Step 1: Marinade

Whisk olive oil, vinegar, honey, garlic, Italian seasoning, salt and pepper in a bowl.

Cut chicken into 1-2 inch chunks and place in marinade for at least 30 mins.

## Step 2: Veggies

Soak skewers in water for 20 mins.

Cut peppers and onions into medium squares.

## Step 3: Preheat

Preheat your grill and spray with nonstick spray OR your pan on the stove with a little olive oil.

## Step 4: Prep Kabobs

Assemble your kabobs in any order you would like by threading the chicken and veggies onto the wooden skewers.

Be sure to leave about 1 inch free on each side.

## Step 5: Cook

Place kabobs on the grill or pan and cook about 10-15 minutes or until the chicken has reached 165°

Make sure to turn the kabobs every few minutes to ensure each side is cooked.

## Step 6: Enjoy!

Once your kabobs are done cooking, eat!! Be careful when grabbing the sides of the stick because it will be very hot.

Enjoy!



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## Kitchen Safety Tips:

Use an oven mitt when handling the kabobs on the grill. The area above your grill will be very hot!