

Chicken Kabobs

submitted by LochlanKing



Per serving: 285 Calories • 33.3g Carbs (2.8g Fiber) • 3.7g Fat • 28.3g Protein

Ingredients

Ingredients scaled to: 4 serving

- 2 breast, bone and skin removed **Chicken breast** (472 grams)
- 1 large (2-1/4 per lb, approx 3-3/4" long, **Green bell pepper** (164 grams)
- 1 large **Onions** (150 grams)
- 1 large (2-1/4 per pound, approx 3-3/4" lo **Red bell pepper** (164 grams)
- 1 cup (8 fl oz) **Barbecue sauce** (250 grams)

Directions

Directions are based on the original recipe of 4 servings

1. Preheat the grill for high heat and slice the chicken breast into cubes to skew. Cut the onion and pepper into wedges to skew.
2. Thread the chicken, green bell pepper, onion, and red bell pepper pieces onto skewers alternately.
3. Lightly oil the grill grate. Place kabobs on the prepared grill, and brush with barbeque sauce. Cook, turning and brushing with barbeque sauce frequently, for 15 minutes, or until chicken juices run clear.