



CHICKEN KABOBS

Advanced Lifestyle

Ingredients

- 3 large cloves garlic, mashed to a paste with 1/4 TSP Morton's Lite salt
- 4 TBS duck sauce
- 2 TBS honey
- 1 TBS dried herbs, such as thyme, oregano and rosemary
- 1/4 cup white wine vinegar
- 1/3 cup olive oil
- 2 whole chicken breasts, boned, trimmed and cut into 1-1/2" cubes
- 1/2 lb. Fresh white mushrooms, washed and trimmed
- 3 bell peppers, one each red, orange and yellow, cut into 1" squares

Instructions

1. Combine first 6 ingredients for marinade. Divide marinade between two bowls. Toss chicken pieces with marinade in first bowl; toss mushrooms and peppers with marinade in second bowl. Let steep for one hour.
2. Thread chicken, mushrooms and peppers alternately on 6-inch skewers. Place on a baking pan in a single layer. Baste with additional marinade. Broil kabobs until chicken is very lightly browned on one side. Turn kabobs over, baste again with marinade, and broil until very lightly browned, Serve hot.

Portion-Per-Serving Information (Yields 6-8 kabobs):

1 serving = 1 kabob = 1 P, 1 V