



Basil Garlic Chicken Kabobs

INGREDIENTS (serving size: 6)

- 3 Tablespoons red wine vinegar
- 3 Tablespoons olive oil
- 2 Tablespoons chopped red onion
- 2 Tablespoons minced fresh basil
- 2 garlic cloves, minced
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 pounds boneless, skinless chicken breasts, cut into 1 ½-inch cubes (total of 30)
- 1 large sweet red pepper, cut into 1 ½-inch chunks
- 1 large green pepper, cut into 1 ½-inch chunks
- 1 large sweet red pepper, cut into 1 ½-inch wedges
- 16 basil leaves
- Special equipment: Metal or bamboo barbecue skewers (soak in water to prevent charring)

NUTRITION INFORMATION: 272 Calories; 11 grams Fat; 2 grams Saturated Fat; 102 mg Cholesterol; 188 mg Sodium; 2 grams Carbohydrates; 1 gram Fiber; 38 grams Protein

DIRECTIONS

1. In a large resealable plastic bag, combine red wine vinegar, olive oil, chopped red onion, minced basil, minced garlic, salt and pepper. Seal and mix ingredients. Reopen bag and add chicken. Seal bag and shake to coat the chicken with the marinade. Refrigerate 8 hours or overnight.
2. Drain the chicken and discard the marinade. On 6 metal or soaked bamboo skewers, alternately thread chicken, red pepper, chicken, green pepper, chicken, red onion, chicken, basil leaf. Distribute ingredients evenly onto each of the 6 skewers. Grill, covered, over medium heat for 5 – 7 minutes on each side or until chicken juices run clear.