

GRILLED CHICKEN KABOBS

Marinated chicken and colorful vegetables threaded onto skewers and grilled to perfection



INSTRUCTIONS

1. Make the marinade

- 1/4 cup avocado oil
- 1/3 cup tamari or coconut aminos
- 1/4 cup monk fruit/allulose blend
- 1 tsp minced garlic
- Salt and pepper, to taste

Place the avocado oil, tamari, sweetener, garlic, salt, and pepper in a large bowl and whisk to combine.

2. Marinate the chicken and vegetables

- 1 lb boneless, skinless chicken breasts, cut into 1-inch pieces
- 1 red bell pepper, cut into 1-inch pieces
- 1 yellow bell pepper, cut into 1-inch pieces
- 8 oz white button mushrooms, halved or quartered
- 1 red onion, cut into 1-inch pieces

Add the chicken and vegetables to the bowl and toss to coat in the marinade. Cover and refrigerate for at least 1 hour, or up to 8 hours.

3. Prep and thread the skewers

Soak wooden skewers in cold water for at least 30 minutes. Preheat a grill or grill pan to medium-high heat. Thread the chicken and vegetables onto the skewers.

4. Grill

Cook for 5 to 7 minutes on each side, or until the chicken is cooked through (165°F internal temperature).

5. Garnish and serve

- 1 Tbsp chopped parsley

Sprinkle with parsley and serve.

Broiler instructions

Preheat the broiler and coat a sheet pan with cooking spray. Place the skewers in a single layer on the pan. Broil for 5 minutes, then flip and broil the other side for 5 more minutes.

NUTRITION (per serving, makes 4)

Estimated

- Calories: 220
- Total Fat: 12g
- Total Carbs: 8g
- Fiber: 2g
- Net Carbs: 6g
- Protein: 27g

STORAGE

Store cooked leftovers in an airtight container in the fridge for 3 to 4 days, reheating in a skillet or oven. Uncooked marinated chicken and vegetables can also be frozen for up to 3 months — thaw in the fridge before grilling.



Recipe created by Mind-Body Functional Health.
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