

Chicken Kebobs & Veggies

Servings: 3 servings

RECIPE BOX

INGREDIENTS

2 CUPS BRUSSEL SPROUTS, TRIMMED AND HALVED
2 CUPS SWEET POTATO, PEPPLED, HALVED AND SLICED INTO THIN HALF MOONS
2 TBSP OLIVE OIL, DIVIDED
3-4 CHICKEN BREAST (1 LB) TRIMMED, CUBED
2 TSP CHOPPED GARLIC
3 TBSP FRESH LEMON JUICE
1 1/2 TSP DRIED OREGANO
3/4 TSP SALT
SKEWERS FOR KEBOBS



DIRECTIONS

STEP 1: Combine lemon juice, garlic, oregano, salt and 1 TBSP olive oil, whisk to combine. Add cubed chicken and allow to marinate in refrigerator 2 hours, covered.

STEP 2: Preheat broiler, with oven rack 6 inches from heat.

STEP 3: Place Brussel sprouts and potato on a rimmed baking sheet, toss with 1 tbsp oil, spread in an even layer. Broil for 10 minutes

STEP 4: While vegetables broil, thread marinated chicken onto skewers- about 4 to 5 cubes per skewer. Heat a grill pan over high heat, add skewer and cook 6 minutes until done.

STEP 5: Serve 2 skewers with 1 cup broiled vegetables.

GF This recipe is gluten free as written.

V Substitute chicken for cubed tofu.

Nutrition per Serving: Calories 354, Fat 11g, Carbs 25g, Fiber 5g, Sugars 6g, Protein 39g

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