

Grilled Italian Chicken Kabobs

Prep: 20 min
Cook: 10 min
Serves: 4

Ingredients:

- 1 pound chicken breasts, boneless, skinless, cut into 1-inch pieces
- ¼ cup olive oil
- 1 ½ teaspoons dried oregano
- ½ teaspoon dried thyme
- 3 garlic cloves, minced
- ½ teaspoon kosher salt
- 1 yellow bell pepper, diced into 1 ½-inch pieces
- 1 red bell pepper, diced into 1 ½-inch pieces
- 2 small zucchini, sliced ½-inch thick
- Wooden skewers

Directions:

1. Add the chicken to a large resealable plastic bag. Whisk together the olive oil, oregano, thyme, garlic and salt in a small bowl. Pour over the chicken and seal the bag. Shake the bag to coat the chicken with the marinade. Refrigerate for 30 minutes to 2 hours.
2. Soak the wooden skewers in water for 30 minutes.
3. Preheat grill to medium heat. Thread the chicken, bell peppers, and zucchini, alternating on the skewers.
4. Grill kabobs for 10 to 12 minutes, rotating occasionally, until chicken is cooked through and reaches an internal temperature of 165°F.



Nutrition Information		
Serving size: 232g	4 servings	Calories: 280
Amount per Serving		% Daily Value
Total Fat	17g	22%
Saturated Fat	2.5g	13%
Trans Fat	0g	
Cholesterol	85mg	28%
Sodium	300mg	13%
Total Carbohydrate	5g	2%
Dietary Fiber	1g	4%
Total Sugars	3g	
Added Sugars	0g	
Protein	27g	
Vitamin D	0mcg	
Calcium	29mg	2%
Iron	1mg	6%
Potassium	638mg	15%