

# Chicken Kabobs

## Heart Healthy Recipe of the Month

Here's a colorful, quick, and easy way to do your veggies and chicken on the grill - with no marinating!

Source: <http://www.allrecipes.com>

Number of Servings: 4 Kabobs

Serving Size: 1 kabob

### Ingredients:

- 4 skinless, boneless chicken breasts , cubed
- 1 large green bell pepper, cut into 2 inch pieces.
- 1 onion, cut into wedges
- 1 red bell pepper, cut into 2 inch pieces
- 1 cup barbeque sauce
- Skewers

### Directions

1. Preheat grill for high heat
2. Thread chicken and veggies onto the skewers alternately
3. Lightly oil the grill plate. Place kabobs on the grill and brush with barbeque sauce
4. Cook for about 15 minutes, turning skewers frequently brushing on barbeque sauce

### Nutrition Content:

Calories: 210  
Total fat: 4.1g  
Saturated fat: 0g  
Cholesterol: 67 mg  
Sodium: 570 mg  
Total fiber: 2.8g  
Protein: 26.7 g  
Carbohydrates: 15.6g

*Optional veggies: zucchini, squash mushrooms, etc.*