

Grilled Chicken Kebab

Portion Size: 1 each

Yield: 10

Ingredients:

Chicken Breast, Boneless, Skinless	3 lbs
Canola Oil	1 TBSP
Lemon Juice	2 TBSP
Lemon Zest	½ TBSP
Salt	½ tsp
Black Pepper, Ground	½ TBSP
Yellow Onions, Large Pieces	2 cups
Green Bell Pepper, Large Pieces	2 cups
Red Bell Pepper, Large Pieces	2 cups

Preparation:

1. Toss chicken breasts in oil, lemon juice, lemon zest, salt and pepper.
2. Cut each chicken breast into 1-2 oz cubes.
3. Chop onions and peppers into large pieces.
4. Thread chicken and vegetables onto the skewers.

Each skewer: 1 chicken cube, 1 red pepper, 1 chicken cube, 1 onion, 1 chicken cube, 1 green pepper

5. Cook for on grill for 5-7 minutes on each side until chicken reaches internal temperature of 165°F.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
210	32	6	1	3	5	1	160



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