

CDC Recipes: Honey Garlic Marinated Kebabs



Ingredients

- 4 medium chicken breasts (diced into chunks)
- 4 small onions (diced into chunks)
- 3 peppers (diced into chunks)

Marinade

- ⅓ cup honey
- ¼ tsp black pepper
- 3 garlic cloves, crushed
- ¼ cup Bragg's Liquid Aminos or Low Sodium Soy Sauce
- ¼ cup olive oil

Preparation

1. Place diced chicken and vegetables on skewers.
2. Mix all ingredients together in a plastic bag.
3. Add prepared kebabs to marinate for at least 30 minutes, preferably overnight.
4. Use marinade to baste kebabs for first 5 minutes of cooking.

Details

Yield

8

Serving size

2 kebabs

- Calories: 143
- Protein: 14 g
- Sodium: 137 mg
- Potassium: 448 mg
- Phosphorus: 146 mg
- Carbohydrate: 18 g