

Grilled Vegetable Kabobs

Select any of the following vegetables and cut into chunks:

Summer Squash (zucchini, yellow or other varieties)
Onions
Peppers (green, yellow, red, orange)
Cherry Tomatoes

You may use either a charcoal grill or a gas grill.

To prevent burning, soak bamboo skewers in water for 20-30 minutes before using. Thread vegetables onto skewers and brush with a light Italian salad dressing for extra flavor. Place kabobs on preheated grill about 5 inches from coals. Cover grill and cook 8-10 minutes or until veggies are tender and slightly browned, periodically brushing with additional salad dressing if desired and turning occasionally.



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Grilled Chicken Kabobs

Cut 1 ½ pounds of skinless chicken breast into bite size pieces and set aside. Mix the following ingredients for marinade together in a bowl.

2 Tbsp. orange juice concentrate or orange juice
2 Tbsp. low-sodium soy sauce
1 Tbsp. ketchup
1 Tbsp. lemon juice
1 clove minced garlic

Place chicken pieces and marinade in a large sealed plastic bag and place in refrigerator. Marinate for at least 2 hours or longer.

To prevent burning, soak bamboo skewers in water for 20-30 minutes before using. Thread chicken pieces onto skewers and then discard marinade. Place chicken kabobs on preheated grill. Cover grill and cook 10-12 minutes or until juices in chicken run clear, turning occasionally.



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