

TAFIQ'S PHYSIQUES

A Simple, Delicious & Nutritious Recipe

Honey Chicken Kabobs!

Ingredients:

1/4 cup olive oil

1/3 cup honey

1/3 cup gluten-free low sodium soy sauce

1/4 tsp. ground black pepper

8 boneless, skinless chicken breast, halves cut into 1 inch cubes

2 clove garlic

5 small onion, cut into 2 inch pieces

2 red bell pepper, cut into 2 inch pieces

2 zucchini

Skewers

Directions:

1. In a large mixing bowl, whisk oil, honey, soy sauce, and pepper.
2. Set aside a few tablespoons before adding the chicken (to brush kabobs while cooking)
3. Place the chicken, garlic, onions and peppers in the bowl, cover, and marinate in the refrigerator for at least 2-3 hours.
4. Preheat the grill on high heat.
5. Drain marinade from the chicken and vegetables and discard marinade. Alternate placing the veggies and chicken on the skewers.
6. Place skewers on the grill and cook for 12 to 15 minutes. Brush frequently with marinade and flip often. Remove from the grill when juices run clear.
7. Enjoy!!!

<http://tafiq.com/single-post/2018/10/03/Honey-Chicken-Kabobs>