

# Mediterranean Chicken Kebabs

Prep Time: 25 minutes

Cook Time: 20 minutes

Rest time: 10 minutes

## Ingredients:

2-3 lbs. organic chicken breasts diced in 1-inch cubes

1 zucchini (sliced in ½ inch slices)

1 red bell pepper in chopped to 1-inch pieces

½ yellow onion cut into quarters

8-10 mushroom caps

½ cup cherry tomatoes

## Marinade:

½ cup EVOO

½ cup fresh cilantro, parsley, or basil (any combination of the three work well)

8-10 cloves of garlic

2 tsp kosher salt

Fresh cracked pepper to taste

1. Combine marinade ingredients in small food processor or blender and pulse until coarsely chopped. Toss cubed chicken in marinade and cover in a glass dish with tight fitting lid, at least one hour and up to 1 day.
2. Thread chicken and prepared vegetables onto skewers and place on hot grill
3. Rotate chicken skewers every 3-5 minutes to ensure even cooking.

## Meal prep tip:

Looking for extra leftovers? Consider adding 1 yellow squash and second bell pepper. Grilled veggies are great scrambled with eggs the following day or added to salads.

Pro tip: This rotisserie was a great addition and I highly recommend if you find yourself grilling throughout the year.