

Rosemary Ranch Chicken Kabobs

Tender & Juicy – don't plan on leftovers!

Ingredients

- 1/4 cup olive oil
- 1/2 cup ranch dressing
- 3 tablespoons Worcestershire sauce
- 1 tablespoon minced fresh rosemary
- 2 teaspoons salt
- 1 teaspoon lemon juice
- 1 teaspoon white vinegar
- 1/4 teaspoon ground black pepper, or to taste
- 1 tablespoon white sugar, or to taste (optional)
- 5 skinless, boneless chicken breast halves - cut into 1 inch cubes



Directions

1. In a medium bowl, stir together the olive oil, ranch dressing, Worcestershire sauce, rosemary, salt, lemon juice, white vinegar, pepper, and sugar. Let stand for 5 minutes. Place chicken in the bowl, and stir to coat with the marinade. Cover and refrigerate for 30 minutes.
2. Preheat the grill for medium-high heat. Thread chicken onto skewers and discard marinade.
3. Lightly oil the grill grate. Grill skewers for 8 to 12 minutes, or until the chicken is no longer pink in the center, and the juices run clear.

Makes 6 servings

Nutrition Facts:

Calories 278
Total Fat 11g
Total Carbohydrates 4.8g
Dietary Fiber .1g
Protein 23.8g

Adapted from allrecipes.com