

Asian Chicken Kabobs

Ingredients

- 1 lb boneless skinless chicken breasts
- 2 each small zucchini
- 8 each Mushrooms, fresh, large
- 1 cup chopped red bell peppers
- 2 tbsp low sodium soy sauce
- 2 tbsp cooking sherry
- 1 tsp sesame oil
- 2 each medium garlic cloves
- 2 each fresh green onions



Directions

1. In large plastic resealable food storage bag, place chicken with zucchini, mushrooms and bell peppers.
2. In small bowl whisk soy sauce, sherry, oil and garlic.
3. Pour mixture over chicken and vegetables and seal bag.
4. Turn bag to coat contents and allow to marinate in refrigerator for at least 30 minutes or up to 4 hours.
5. Place 4 - 12" skewers in water and let soak 20 minutes.
6. Drain and reserve marinade in small saucepan.
7. Bring marinade to boil for 2 minutes.
8. Arrange chicken, zucchini, mushrooms, and onions equally on each skewer.
9. Coat broiler pan with cooking spray.
10. Place kabobs on broiler pan. Brush with marinade.
11. Place kabobs 5 to 6 inches from heat and broil for 5 minutes.
12. Turn kabobs over and brush with remaining marinade.
13. Broil kabobs for an additional 5 minutes or until chicken is no longer pink.
14. Transfer kabobs to serving platter.

Makes 4 servings.

Nutrition Facts:

Calories 206
Total Fat 3.4g
Total Carbohydrates 8.6g
Dietary Fiber 2.1g
Protein 33g

From dLife.com