



## Chicken Shish Kabobs

### Instructions:

Coat a pan with 3 seconds of Pam and add the chicken.

Mix the tomato puree, balsamic vinegar, garlic, and soy sauce in a bowl.

Add the chicken and coat all the pieces well.

Refrigerate, covered, and let marinate for at least 30 minutes.

Place a piece of chicken on a skewer and then a piece of onion, tomato, pepper, and repeat.

Grill on medium for 12 minutes or more, turning regularly.

Brush some marinade on the kabobs halfway through cooking.

**If you are allowed all the ingredients in this recipe, or you were advised you may have any group 2 recipe, this recipe is allowed on your diet.**

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### Prep Time:

15 minutes

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### Cook Time:

12 minutes

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### Ingredients:

6 oz. chicken cutlets - cubed

1 oz. frozen garlic

2 tsp. balsamic vinegar

1 TBSP. soy sauce

2 tsp. tomato puree

1 small red onion - diced

1/2 green pepper - diced

6 grape tomatoes

skewers