



Chicken Shish Kabobs

Instructions:

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.

Counts as 1 dinner main

Prep Time:

15 minutes

Cook Time:

12 minutes

Ingredients:

4 1/2 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

5 grape tomatoes

skewers