



cara price

CHICKEN KABOBS

INGREDIENTS

- 2 pounds chicken tenders, cut into bite size pieces
- 1 yellow onion, cut into large chunks
- 2 zucchinis, cut into slices
- 1 pint grape tomatoes
- 1 8-ounce package whole mushrooms, stemmed & sliced in half
- 2 lemons, cut in half
- 1 serrano chili pepper, sliced, keep seeds
- 2 cloves garlic, minced
- ½ cup coconut aminos
- 3 tablespoons olive oil
- 1 tablespoon honey
- 1 tablespoon stone ground mustard
- 1¼ teaspoons salt, divided
- 1 teaspoon Italian seasoning
- 1 teaspoon Chinese 5 spice powder
- Basil, chopped for garnish

DIRECTIONS

make a marinade by combining the coconut aminos, olive oil, honey, mustard, garlic cloves, serrano pepper slices (seeds included), 1 teaspoon of the salt & the other spices in a medium size bowl with a lid.

add the chicken pieces to the marinade & toss it around to cover all the chicken. refrigerate the chicken in the marinade for at least one hour, up to 6-8 hours.

when ready to cook, preheat an outdoor grill to 450-500 degrees.

using metal skewers, alternate the chicken, onions, zucchini, mushrooms & tomatoes in a pattern leaving a little bit of room at each end of the skewer.

once completed, brush all of the remaining marinade over the skewers. place the kabobs & the lemon halves on the grill & cook the kabobs 4 minutes per side or until done. Leave the lemons cut side down during the entire grilling.

once you take the kabobs off the grill, immediately squeeze the lemon juice all over the kabobs & sprinkle with the remaining ¼ teaspoon salt & garnish with basil if desired.