

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Honey Chicken Kabobs

From www.ruralmissouri.coop.rmfood/recipes

2 pounds skinless, boneless chicken breast halves, cut into 1-inch cubes

¼ cup vegetable oil

1/3 cup soy sauce

1/3 cup honey

2 cloves garlic

¼ teaspoon ground black pepper

1 large onion, cut into 2-inch pieces

2 red bell peppers, cut into 2-inch pieces

1. Heat the grill to high.
2. Whisk together oil, honey, soy sauce, pepper and garlic. Before adding chicken, reserve a small amount of the marinade to brush onto kabobs while cooking. Add chicken, garlic, onions and pepper and marinate for 2 or more hours (the longer the better).
3. Drain chicken mix and divide chicken and vegetables evenly among 5 to 6 skewers. Cook the kabobs on the grill by turning off the middle burner and grilling over indirect heat for 7-8 minutes. Turn kabobs and grill for another 7-8 minutes, or until chicken is fully cooked. Brush with reserved marinade occasionally while grilling. (You could also cook these on a broiler indoors if you don't have a grill).