



CHICKEN FAJITA KABOBS

Ingredients:

2 chicken breasts, cut in large cubes

1 sweet onion, peeled and cubed

8 mini peppers (cored and seeded) or cubed pieces of sweet peppers

1 tablespoon olive oil

Fresh lemon or lime juice

Seasoning: oregano, black pepper, garlic powder, cumin, chili powder

4 long bamboo skewers

Directions:

1. Thread chicken, onion cubes and peppers onto the bamboo skewers.
2. Place the kabobs on foil and season with oil, lime/lemon and seasonings to taste. Heat the grill to 350-400 degrees then place the kabobs on the grill. Cook until almost done then turn over. The kabobs are done when the chicken is firm and no longer pink in the middle or 165 degrees according to USDA meat temperature guidelines.



3. Make a variety of your favorite grilled vegetables:

- Corn - peel the husk back far enough to remove the silk. Place the husk back over the corn and dampen with a little water. Brush with olive oil as it cooks. It is done when tender.
- Asparagus - place on foil with a little olive oil - cook until crisp tender. Season with garlic powder and black pepper.
- Tomatoes - place on foil and sprinkle with a little olive oil. Season with dried Italian seasoning, garlic powder and black pepper.

4. Make the rice: Make a batch of brown or black Forbidden rice according to package directions. We use 1 cup of rice and 2 cups of water. A rice cooker makes this process very easy.

5. Make a healthy plate - you can see we have 1/2 veggies, 1/4 whole grains and 1/4 chicken on our plate. Serve skim milk on the side and fresh fruit for dessert. A unique way to serve the corn on the cob is to cut it into wheels and use those as a veggie garnish. Enjoy!

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