

MY NUTRITION STUDIO

Summer Chicken Kabobs

INGREDIENTS

1-2 lbs chicken breast tenders
1/4 cup balsamic vinegar
2 tsp dijon mustard
2 cloves garlic, minced
1/4 cup olive oil
1 Tbsp honey
1 Tbsp chopped rosemary
2 cups cherries, pitted
2 large peaches, chopped

INSTRUCTIONS

Cube your chicken into 1" sized pieces and set aside.

For the kabob marinade, combine vinegar, mustard, garlic, oil, rosemary and honey. Place marinade and chicken into a bowl to marinate for minimum 1 hour or up to 1 day.

Heat up your grill to medium high heat.

Prepare your skewers: thread chicken, cherries, and peaches onto large skewers.

Grill for a total of 10 minutes, turning several times to cook evenly. Serve with rice or over greens for a salad option.