



# HONEY CHICKEN KABOBS

*Adapted from Angela Litzinger from AllRecipes as shared by Jeannie @ thebakingbeauties.com*

ONE BATCH MAKES 8 SERVINGS

INGREDIENTS	X1	X2	X3	X4
Oil (I use olive oil)	2 tablespoons	1/4 cup	6 tablespoons	1/2 cup
Honey	1/3 cup	2/3 cup	1 cup	1 1/2 cup
Soy Sauce, gluten free	1/3 cup	2/3 cup	1 cup	1 1/3 cup
Black Pepper, ground	1/4 teaspoon	1/2 teaspoon	3/4 teaspoon	1 teaspoon
Chicken Breasts, boneless skinless, cut into 1" cubes (4 to 5 ounces each chicken breast)	8 (2 to 2 1/2 lbs)	16 (4 to 5 lbs)	24 (6 to 7 1/2 lbs)	32 (8 to 10 lbs)
Garlic Cloves, minced	2	4	6	8
Onions, small, cut into 2" pieces	5	10	15	20
Red Bell Peppers, seeded and cut into 2" pieces	2	4	6	8
Skewers (if bamboo or wooden, soak for at least 30 minutes in water)	as needed	as needed	as needed	as needed

In a large bowl, whisk together oil, honey, soy sauce and black pepper. Add chicken, garlic, onions and peppers into the bowl, cover and marinate in the refrigerator at least 2 hours.

Preheat the grill for high heat. Drain chicken and vegetables, discarding marinade. Thread chicken and veggies alternately onto metal skewers or wooden skewers that have been soaked in water for 30 minutes. Lightly oil the grill grate. Place skewers on the grill, cooking for 12-15 minutes, until chicken juices run clear. You can also broil kabobs in the oven on a rimmed baking sheet.

To freeze: In a large freezer bag mix together oil, honey, soy sauce and black pepper. Place the chicken, garlic, onions and peppers into the bag, remove as much air as possible, seal and freeze.

To serve: Thaw then follow cooking instructions above.