



Chicken and Zucchini Skewers

Ingredients:

½ cup soy sauce
1 ½ tablespoons honey
1 garlic clove, crushed
1 pound boneless skinless chicken thighs
1-2 large onions (your choice),
cut into 1 inch cubes
1 medium zucchini,
sliced into ½ inch thick rings
16 (10 inch) bamboo skewers

Instructions:

Bring soy sauce, honey and crushed garlic to a boil in a medium-sized saucepan and cook over medium heat for about 5 minutes.

Set aside to cool.

Cut the chicken into 1-inch pieces and place in a Ziploc bag and pour half of the marinade over the chicken.

Place the zucchini in a second large Ziploc bag and pour the remaining marinade over the zucchini.

Refrigerate for at least 30 minutes.

Meanwhile, soak the skewers in water for 30 minutes so they don't burn.

Thread the chicken onto the skewers, alternating with onion so that each stick has 3 cubes of chicken and two pieces of onion, discarding the chicken marinade.

Thread the zucchini onto skewers, alternating with remaining onion, reserving the marinade for basting.

Preheat the grill or a grill pan over medium-high heat.

When hot, spray with cooking spray then reduced heat to medium. Grill the zucchini and chicken skewers for about 5 to 6 minutes on each side, brushing both sides of the skewers with the sauce during the last few minutes of cooking time.

Makes 12 chicken skewers, 4 zucchini skewers.

Recipe makes 4 servings (3 chicken skewers and 1 zucchini skewer is a serving).

Count each serving as a protein. Enjoy! 😊



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