



Chicken Skewers

Ingredients:

1 lb of boneless and skinless chicken breasts, cubed
1 red onion, cut into 1 inch pieces
1 yellow pepper, cut into 1 inch pieces
1 large zucchini, cut into 1 inch pieces
Salt
Pepper

Directions:

1. Season chicken and vegetables with salt and pepper
2. Layer chicken and vegetables onto skewer
3. Grill for 5-7 minutes on each side
4. Enjoy!

Cookware needed:

Grill or grill pan
Metal skewers
Tongs
Two cutting boards

Cost:  Ease: 

Health Benefit: This meal provides protein from chicken and fiber from vegetables to keep you fuller for longer. Peppers, zucchini, and red onion contain vitamins and minerals that support overall health.