Honey Chicken Kabobs

Cheap, Fast and Healthy; January 31th

Ingredients:

- ¼ cup vegetable oil
- 1/3 cup honey
- 1/3 cup low sodium soy sauce
- ¼ tsp. black pepper
- 8 skinless, boneless chicken breast cut into 1 inch cubes
- 2 cloves garlic, minced
- Cherry Tomatoes
- 2 green peppers, cut into 2inch pieces
- Wooden Skewers

Directions:

1. Set wooden skewers in water to soak
2. In a large bowl, mix together oil, honey, soy sauce, and black pepper. Set aside a small amount of this marinade to brush onto kabobs while cooking. Place chicken, garlic, green peppers and cherry tomatoes in remaining marinade.
3. Preheat the grill for high heat
4. Drain and discard marinade from the chicken and vegetables. Thread chicken and vegetables alternately onto skewers
5. Lightly oil the grill. Place the skewers on the grill. Cook for 12 to 15 minutes until chicken juices run clear. Turn and brush with reserved marinade frequently.