

## Chicken and Vegetable

### Kabobs

*Yield: 8 Kabobs*

1 lb boneless skinless chicken  
breasts, cut into 1-inch cubes

1 cup Italian salad dressing, divided

1/4 cup olive oil

1 teaspoon minced garlic

1/2 teaspoon salt

1/2 teaspoon dried rosemary,  
crushed

1 medium zucchini, cut into  
1/2-inch slices

1 yellow summer squash, cut into  
1/2-inch slices

2 medium onions, quartered

1 medium sweet red pepper,  
cut into 1-inch pieces

2 cups cherry tomatoes

#### Directions:

- In a small resealable plastic bag, combine chicken and 1/2 cup dressing. Seal bag and turn to coat; refrigerate for 15 minutes.
- Meanwhile, in a large resealable plastic bag, combine the oil, garlic, salt and rosemary; add vegetables.
- Seal bag toss to coat.
- Drain and discard marinades. On eight metal or soaked wooden skewers, alternately thread chicken and vegetables.
- Grill kabobs, uncovered, over medium-hot heat for 12-15 minutes or until juices run clear, turning and basting occasionally with remaining salad dressing.

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