

Recipe for: Chicken/Beef Kabobs

Ingredients:

Chicken or steak, cubed
2 red peppers, chopped
2 yellow squash, sliced
2 zucchini, sliced
1 large onion, quartered
Skewers

Preparation:

Marinate cut-up vegetables in olive oil, vinegar, salt, pepper, and garlic (you may also use Canale's dressing) in a Ziploc bag.

Marinate meat in a separate bag. When marinated, skewer meat and alternate with vegetables until skewer is full.

Grill skewer until meat is cooked. Serve with brown rice or over salad.