

### Recipe of the Week 13 Chicken Kabobs

The kabobs are a very quick and easy recipe for a healthy and nutritious snack high in vitamins, minerals and antioxidants to support your performance, health and immune system. The high protein content is ideal for recovery of muscle tissue after intense training sessions. To increase the carbohydrate content of the dish you can serve with boiled rice.

Tip: you can add practically any vegetable to the skewer and use beef or king prawns instead of chicken to get more variance and a wider range of nutrients in your diet.



#### Ingredients

- 3 medium lean chicken breasts
- 1 green pepper
- 1 red pepper
- 1 large onion
- 1 courgette

#### Each serving contains

Energy (kcal) – 175kcal  
Carbohydrates – 3g  
Protein – 33g  
Fat – 3g (1g saturated)

**Serves: 2 - 4**

**Preparation time: 10-minutes**

**Cooking time: 10-minutes**

#### Method

1. Chop vegetables and chicken
2. Slide each piece of meat and vegetable on to the skewers
3. Cook under the grill for approximately 10 minutes until the chicken is cooked through and the edges are blackened.
4. Serve as a nutritious snack or with rice as a meal.

(Image from [www.kraftcanada.com](http://www.kraftcanada.com), 2010)

