

BALSAMIC HONEY CHICKEN SKEWERS

- 1 lb Boneless skinless chicken breast, cut into 2-inch cubes
- 1/2 cup Ken's Lite Balsamic Dressing
- 1/2 cup Honey
- 12 ea Cherry tomatoes
- 1 ea Onion, quartered
- 1 Yellow pepper, cut into 2-inch pieces
- 2 Tbsp Olive oil
- Salt and pepper

1. Combine Ken's Lite Balsamic Vinaigrette and honey and set aside.
2. Thread chicken, tomato, onion and pepper onto skewers that have been soaked in water for about 1/2 hour. Brush skewers with olive oil and sprinkle with salt and pepper.
3. Lightly oil hot grill rack, then grill kebabs, covered, turning occasionally, until chicken is just cooked through, about 4-6 minutes. Baste chicken with Balsamic and honey for the last 3 minutes of grilling.

ADDITIONAL INFORMATION

Ingredients	1 ea Onion, quartered , 1 lb Boneless skinless chicken breast, cut into 2-inch cubes , 1 Yellow pepper, cut into 2-inch pieces , 1/2 cup Honey , 1/2 cup Ken's Lite Balsamic Dressing , 12 ea Cherry tomatoes , 2 Tbsp Olive oil , Salt and pepper
Course	Entrees , Lunch , Starters
Cuisine	American , Seasonal Summer
Category	Chicken