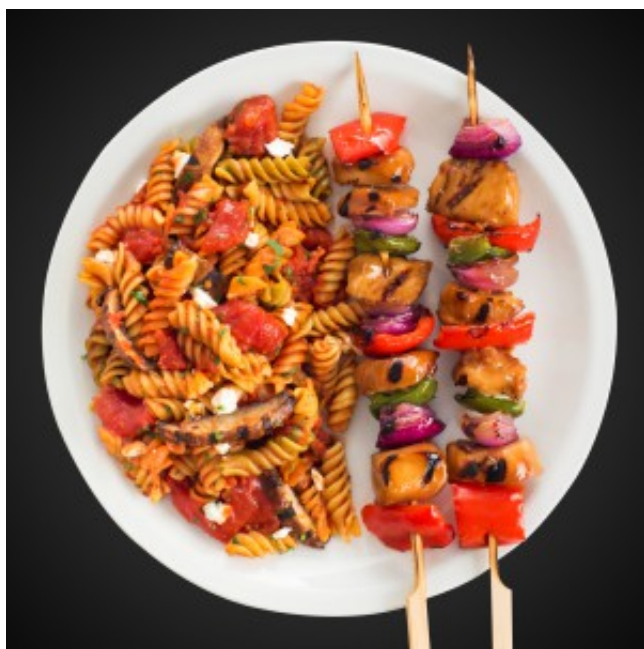


# Honey Garlic Chicken Kabobs



***PREP TIME : 15 MIN***

***COOK TIME : 15 MIN***

***SERVES : 4***

## ***Ingredients :***

- ***PAM<sup>®</sup> Grilling for Grill Spray***
- ***1 lb (500 g) boneless skinless chicken breasts, cut into 24 (1-inch/2.5 cm) cubes***
- ***1 large red pepper, cut into 16 chunks***
- ***1 large green pepper, cut into 16 chunks***
- ***1 red onion, cut into 16 chunks***
- ***1/2 cup (125 mL) VH<sup>®</sup> Honey Garlic Sauce***

## ***Directions :***

- 1. Spray grate of outdoor grill with grilling spray. Preheat grill to medium-high heat.***
- 2. Evenly thread chicken, red pepper, green pepper and onion onto 8 skewers. Brush each skewer with Honey Garlic Sauce.***
- 3. Grill kabobs, turning occasionally, for 15 to 18 minutes or until chicken is cooked through.***

## ***Recipe Tips:***

- ***If using bamboo skewers, soak in water for at least 30 minutes.***
- ***Substitute pork tenderloin for chicken if desired.***