

RECIPE | PEPPERS

BBQ CHICKEN & VEGETABLE SKEWERS



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INGREDIENTS

3 Pure Flavor® Sweet Bell Peppers red, yellow & orange
2 medium-large chicken breasts
3 zucchinis
1 red onion
4 tbsp olive oil
Salt and pepper to taste
8 bamboo skewers

DIRECTIONS

1. Submerge skewers in water for about 30 minutes to soak so they don't catch fire on the grill.
2. Cut chicken into 1.5-inch chunks. Place them in a bowl or resealable bag and toss with 2 tbsp of olive oil, salt and pepper. Set aside.
3. Cut peppers, zucchini and red onion into similar sized chunks and place them in a bowl or resealable bag and toss with olive oil, salt and pepper.
4. Preheat grill to medium heat.
5. Thread skewers alternating meat and vegetables.
6. Grill skewers over direct heat for 10-15 minutes, until the meat and the vegetables are cooked.



TOTAL TIME

25 minutes

PREP TIME

10 minutes

COOK TIME

15 minutes

SERVES

4

COOKING LEVEL

Easy