

### **Chicken & Vegetable Shish Kebab**

- \* 1 fresh Michigan onion
- \* 1 red pepper, cut into 2-inch pieces
- \* 1 zucchini, cut into 1-inch segments
- \* 6-8 fresh Michigan new potatoes
- \* 2 boneless chicken breasts, cut into 1-inch pieces

Alternately arrange vegetables and chicken on skewers. Grill on medium-heat gas grill until chicken is cooked. Serve over rice. Makes 4 servings.

Note: If new potatoes are large, boil them for 5-10 minutes and allow to cool before skewering and grilling to ensure proper doneness. Also, we would season with soy sauce while eating, thus eliminating the need for a marinade which usually adds fat from oil.