

Marinated Chicken Kabobs

Oscar · 29/09/2024



Prep Time

2 hrs

Difficult

Medium

Servings

2 hrs 40 mins

Description

This great summer chicken kabobs recipe was given to me by a friend years ago You can put any vegetables you want on the skewers Dont be worried when you see the light corn syrup in the ingredients it comes together great and is a nice change You can even skip the vegetables and just skewer the chicken

Ingredients

- - 1 cup vegetable oil - ½ cup soy sauce - ½ cup light corn syrup - ¼ cup lemon juice - 2 tablespoons sesame seeds - ½ teaspoon garlic powder - ¼ teaspoon garlic salt
- or to taste - 4 skinless
- boneless chicken breast halves - cut into 1 1/2 inch pieces - 2 onions
- quartered - 1 (8 ounce) package fresh chopped mushrooms - 1 green bell pepper
- cut into large chunks

Instructions

1. Whisk together oil
2. soy sauce
3. light corn syrup
4. lemon juice
5. sesame seeds
6. garlic powder
7. and garlic salt in a medium bowl until well combined. Add chicken; stir to coat. Cover the bowl and marinate in the refrigerator for at least 2 hours. Preheat an outdoor grill for medium heat and lightly oil the grate. Thread chicken onto skewers alternately with onions
8. mushrooms
9. and bell pepper. Place onto a plate and set aside. Pour marinade into a small saucepan; bring to a boil. Cook until slightly thickened
10. 5 to 10 minutes. Place skewers on the preheated grill; cook
11. turning frequently
12. until chicken is no longer pink and juices run clear
13. 15 to 20 minutes. Baste frequently with boiled marinade during the last 10 minutes. An instant-read thermometer inserted into the center of chicken should read at least 165 degrees F (74 degrees C).