

KIDNEY-FRIENDLY

# Balsamic Grilled Chicken Kabobs



Makes 8 servings

## DIRECTIONS

Combine balsamic vinegar, Dijon mustard, honey, olive oil, basil, pepper, and garlic powder in a small bowl. Whisk together until well combined.

Cut chicken breasts into 1" cube pieces. Place chicken cubes in a large bowl. Pour half of the balsamic mixture over the chicken cubes and stir well until evenly coated. Cover the bowl with plastic wrap and place in the fridge to marinate for at least 30 minutes.

Prepare and chop vegetables.

Once the chicken has marinated, begin assembling kabobs alternating vegetables with chicken on a skewer.

Place the kabobs on preheated grill and cook on medium heat for 4 minutes on each side, or until charred. Brush the remaining balsamic mixture on the kabobs and grill for an additional 2 minutes.

Carefully remove kabobs from grill. Enjoy!

## INGREDIENTS

- 2 pounds boneless, skinless, chicken breast, cut into 1" cubes**
- 1 red bell pepper, cut into cubes**
- 1 orange bell pepper, cut into cubes**
- 1 yellow bell pepper, cut into cubes**
- 1 red onion, cut into cubes**
- 1 zucchini, cut into ½" slices**
- 1 yellow squash, cut into ½" slices**
- ¼ cup balsamic vinegar**
- ¼ cup olive oil**
- 1 tbsp Dijon mustard**
- 1 tbsp honey**
- 1 tsp dry basil**
- ¼ tsp black pepper**
- ¼ tsp garlic powder**

<b>Nutrition Facts Per Serving</b> (1 kabob)	Calories	233
	Carbohydrates	8 g
	Protein	26 g
	Total Fat	10 g
	Phosphorus	269 mg
	Potassium	579 mg
	Sodium	57 mg

*The recipes contained here are for educational purposes to promote a healthy and kidney-friendly diet. They are not intended to be a substitute for medical advice from a medical provider. Nutritional information has been calculated using Cronometer; Somatus has not independently confirmed its accuracy. Depending on your stage of kidney disease, specific nutrients in your diet should be limited. If you are unsure which nutrients to limit, speak with your Somatus dietitian or a medical provider.*

**SAVOR**   
*the* **SUMMER**