

**Recipe for:** Chicken/Beef Kabobs

**Ingredients:**

Chicken or steak, cubed  
2 red peppers, chopped  
2 yellow squash, sliced  
2 zucchini, sliced  
1 large onion, quartered  
Skewers

**Preparation:**

Marinate cut-up vegetables in olive oil, vinegar, salt, pepper, and garlic (you may also use Canale's dressing) in a Ziploc bag.

Marinate meat in a separate bag. When marinated, skewer meat and alternate with vegetables until skewer is full.

Grill skewer until meat is cooked. Serve with brown rice or over salad.