

NATIONAL BARBECUE DAY

Follow this recipe to make chicken kebabs with an adult.

Ingredients

- 1/2 cup low-sodium soy sauce
- 1/2 cup sprite (not diet)
- 1/2 cup oil (vegetable or canola)
- 1 teaspoon garlic powder
- 1 teaspoon horseradish , plain or horseradish sauce
- 2 pounds boneless skinless chicken breasts (or chicken tenders), cut into 1" chunks
- 2 bell peppers (any color), sliced into large chunks)
- 1 sweet onion (or purple onion), sliced into large chunks
- wooden or bamboo skewers

Instructions

Marinade

Add soy sauce, oil, sprite, garlic powder and horseradish to a large ziplock bag.

Assembly

1. Have an adult cut the chicken into 1-inch chunks and add it to the marinade. Marinate for 1-3 hours.
2. If using bamboo skewers, soak them in water for 30 minutes. Thread the chicken and chopped vegetables alternately onto the skewers, keeping a little space between each piece.
3. Have an adult heat grill to medium-high and grease lightly with oil.
4. Grill the kebabs for just a few minutes on each side (about 5 minutes), until chicken pieces are cooked through. Allow the kebabs to rest for 5 minutes before serving.