



## Grilled Chicken and Vegetable Kabobs

### INGREDIENTS

- 1/3 cup olive oil
- 3 tablespoons white vinegar
- 2 tablespoons **McCormick® Grill Mates® Montreal Chicken Seasoning**
- 1 pound boneless skinless chicken breast halves, cut into 1 1/2-inch cubes
- 1 ear corn, cut crosswise into 1-inch pieces
- 1 medium red onion, cut into 1-inch chunks
- 1 small red bell pepper, cut into 1-inch chunks
- 1 small zucchini, cut into 1/4-inch slices

### INSTRUCTIONS

1. Mix oil, vinegar and Seasoning in small bowl. Place chicken in large resealable plastic bag or glass dish. Add marinade; turn to coat well.
2. Refrigerate 30 minutes or longer for extra flavor. Remove chicken from marinade. Discard any remaining marinade. Alternately thread chicken and vegetables onto skewers. Lightly sprinkle chicken and vegetables with additional Seasoning, if desired.
3. Grill kabobs over medium heat 10 to 15 minutes or until chicken is cooked through and vegetables are tender, turning frequently.

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PREP TIME: 15m

COOK TIME: 15m

CALORIES: 176

INGREDIENTS: 8

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### NUTRITION INFORMATION (per Serving)

Calories 176

Total Fat 8g

Cholesterol 42mg

Sodium 167mg

Carbohydrates 9g

Fiber 2g

Protein 17g