



Chicken Kabob with Vegetable

Ingredients

- ½ cup olive oil
- ½ cup balsamic vinegar
- 2 teaspoons lemon-pepper seasoning
- 2 teaspoons Italian seasoning
- 2 pounds boneless, skinless chicken breasts, cut into 1-inch pieces
- 2 medium yellow summer squash, sliced
- 2 medium zucchini, sliced
- 1 medium carrot, sliced
- 1 cup grape tomatoes

Instructions

1. Marinate the Chicken

In a large bowl, whisk together the olive oil, balsamic vinegar, lemon-pepper seasoning, and Italian seasoning.

Pour half of the marinade into a separate bowl or shallow dish. Add the chicken to this bowl and toss to coat. Cover and refrigerate overnight.

Cover and refrigerate the remaining marinade separately for later use.

2. Preheat the Oven

Preheat your oven to 350°F (175°C). Line a large rimmed baking sheet (15x10x1-inch) with foil for easy cleanup.

3. Assemble the Sheet Pan

Remove the chicken from the marinade and discard the used marinade.

Arrange the squash, zucchini, carrot, and grape tomatoes in a single layer on the prepared baking sheet.

Place the marinated chicken pieces evenly over the vegetables. Drizzle with the reserved (unused) marinade.

4. Bake

Roast in the preheated oven for 45–60 minutes, or until the chicken is cooked through (internal temp 165°F) and the vegetables are tender.

Let rest for 5 minutes before serving.

