



Chicken Fajita Kebabs



1/4th of recipe (1 skewer): 165 calories, 1.5g total fat (0.5g sat. fat), 207mg sodium, 9.5g carbs, 2g fiber, 4g sugars, 27g protein

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Prep: 15 minutes **Cook:** 15 minutes



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Ingredients

- 1 lb. raw boneless skinless chicken breast, cut into 1-inch cubes
- 1 tbsp. fajita seasoning mix
- 1 red bell pepper, cut into 1-inch strips
- 1 green bell pepper, cut into 1-inch strips
- 1 medium onion, cut into 1-inch chunks
- 1 lime, cut into 4 wedges

Directions

If using wooden skewers, soak them in water for 20 minutes to prevent burning. (You'll need four.)

Season chicken with fajita seasoning. Alternately thread chicken and veggies onto four skewers, tightly packing the pieces together.

Bring a grill sprayed with nonstick spray to medium-high heat. Grill kebabs for 5 minutes with the grill cover down.

Flip kebabs. With the grill cover down, grill for 6 - 8 minutes, or until chicken is cooked through.

Serve with lime wedges, and squeeze over kebabs before eating!

MAKES 4 SERVINGS

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