



Air Fryer Chicken & Vegetable Kebabs

6 servings

Serving Size: 1 Kebab

Ingredients:

- 2 tablespoons vegetable oil
- 2 tablespoons lemon juice
- 1 teaspoon minced garlic (or ½ tsp garlic powder)
- ¼ teaspoon ground black pepper
- ¼ teaspoon (each) thyme, basil, oregano
- 1 lb. boneless, skinless chicken breast cut into 1-inch cubes
- 1 large onion, cut into 1- inch pieces
- 2 medium bell peppers, cut into 1-inch pieces
- 2 medium fresh zucchinis, cut into 1-inch slices
- 2 medium squash, cut into 1-inch slices
- 1, 8-oz package fresh whole mushrooms

Instructions:

1. Wash hands with soap and water
2. In a medium container with a lid, combine vegetable oil, lemon juice, garlic, black pepper, thyme, basil, and oregano.
3. Add chicken pieces and stir to coat.
4. Cover container with lid, and refrigerate for at least 1 hour.
5. Wash hands with soap and water.
6. Gently rub vegetables under cold running water and cut into sizes indicated.
7. Preheat the air fryer to 350 degrees Fahrenheit
8. Prepare 6 skewers
9. Thread alternating pieces of chicken with vegetables, in any combination desired.
10. Cook for 10 minutes, turn and cook for another 6-8 minutes or until internal temperature is 165 degrees Fahrenheit

Note: To prevent food borne illness use one plate for the raw, uncooked kebabs and once kebabs are cooked, use a new, clean plate.