



Kidney Friendly

Lemon Garlic Chicken and Vegetable Skewers

Makes 4 serving

½ pound boneless skinless chicken breast, cut into 1-inch cubes

½ lemon, juiced

3 garlic cloves, peeled and minced

1 red bell pepper, cut into 1-inch pieces

1 green bell pepper, cut into 1-inch pieces

1 cup pineapple, chunks

1 cup mushrooms, cut in halves

1 red onion, cut into wedges

1 tbsp olive oil

¼ tsp ground black pepper

Metal or wood skewers

(if using wooden skewers soak in water prior to usage)

Prepare vegetables by chopping peppers, onions and mushrooms.

Cut chicken breast into cubes.

In small bowl mix lemon juice, olive oil, minced garlic and black pepper.

Add chicken and vegetables to lemon juice mixture and coat evenly.

Thread chicken, vegetables and pineapples onto skewers.

Grill kabobs for 8-12 minutes, or until chicken has cooked through.

Nutrition Facts Per Serving (1 skewer)	
Calories	144
Carbohydrates	13 g
Protein	14 g
Total Fat	4.3 g
Phosphorus	46 mg
Potassium	282 mg
Sodium	160 mg

The recipes contained here are for educational purposes to promote a healthy and kidney-friendly diet. They are not intended to be a substitute for medical advice from a medical provider. Nutritional information has been calculated using Cronometer; Somatus has not independently confirmed its accuracy. Depending on your stage of kidney disease, specific nutrients in your diet should be limited. If you are unsure which nutrients to limit, speak with your Somatus dietitian or a medical provider.

Recipe modified <https://halsanutrition.com/grilled-chicken-and-veggie-kebabs/>