

Chicken Kabobs

1 cup Kim's Gourmet sauce of choice
3 Tbsp minced garlic
1 Tsp course black pepper
2 Tsp curry powder
2 red or yellow bell peppers cut into chunks
1 sweet white or yellow onion cut into chunks
3 pounds of chicken breast or thighs or both skinless and cut into 2 in pieces
Skewers (if using wood skewers soak in water for about 15 minutes)

Combine Kim's Gourmet sauce of choice, garlic, black pepper and curry in a bowl. Marinade your chicken, peppers and onion in a zip lock back for at least 2 hours or more.

Skewer chicken, onion and bell pepper and repeat until your skewer is full. Place on medium hot heat grill that has been sprayed with cooking oil to keep kabobs from sticking.

Cook skewers for about 15 to 20 minutes turning occasionally until cooked through. For added flavor brush with more of Kim's Gourmet sauce of choice before serving.