

Chimichurri Chicken Kabobs

Chimichurri Ingredients:

1 large bunch	parsley
1 tablespoon	dijon mustard
1	lemon zest (Don't bother zesting, carefully cut off the peel without the white)
3-4	juiced citrus
1/3 cup	grape seed oil
2 tablespoons	red wine vinegar
½ teaspoon	red pepper flakes (optional)
1 tablespoon	honey

Ingredients:

1 pound	organic chicken thighs, cut in quarters
1 large	zucchini, cut in 1/3-inch rounds
12-15	button or brown mushrooms
2	bell peppers

Directions:

Rinse and dry chicken.

Cut veggies in 1-inch shapes. Cut zucchini into 1/3-inch thick rounds. Mushrooms can stay whole. Peppers can be cut into 1 inch by 1-inch squares.

Place chicken and vegetables on skewers. Salt and pepper skewers and set aside.

Place all the chimichurri ingredients in a blender and mix until smooth. Pour ½ the sauce over the skewers and let it marinate for 15-20 minutes. You can also marinate the chicken overnight or for a few hours. Set the rest of the sauce aside for dipping.

If you have a grill, grease the rack and heat at a medium temperature. When the grill is hot, add the chicken. Grill for 10-15 minutes, turning the kabobs occasionally until golden brown and cooked through.

You can also cook the marinated chicken and vegetables without the skewers in a pan or cast iron skillet. Add 1 tablespoon of oil to the pan and heat to a medium temperature. When the pan is hot, add the chicken and veggies. Cook for about 10-15 minutes or until juices run clear.

Top the chicken with the extra sauce. Enjoy!