

BBQ CHICKEN SKEWERS

PREP TIME: 15 MINUTES TO PREP / 2 HRS TO MARINATE

COOK TIME: 10 MINUTES

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INGREDIENTS:

4-6 chicken breasts

4-6 lemons

1 head of crushed garlic

4 tbs of rice vinegar

4 tbs zero calorie hot sauce

DIRECTIONS:

- Cube chicken breasts and put in large Ziploc bag with 4 sliced lemons, a head of crushed garlic (keep the peeling on, cut off the ends and smash it with a kitchen mallet, or if like Marie, with your bare hands).
- Add rice vinegar (this tenderizes meat), and hot sauce. Let sit in bag in fridge minimum 2 hours or overnight.
- Skewer chicken and BBQ
- Serve with basmati rice and asparagus