

# Low-Point Sweet Teriyaki Chicken Kabobs

## Ingredients:

- 3, 4 oz. skinless, boneless, chicken breasts
- 2 Tbs honey
- 2 Tbs teriyaki sauce
- 1/4 tsp. ground ginger
- 1/8 tsp. cayenne pepper
- 1 Tbs brown sugar
- 1/2 Tbs lemon juice
- Your favorite vegetables

In a small bowl, combine honey, teriyaki, ginger, pepper, brown sugar, and lemon juice. Cut chicken breasts into 2-inch strips, place in the marinade, and soak for 30 minutes to 1 hour. Thread vegetables and chicken on kabob skewers. Place on heated grill on medium/high heat. (I laid my kabobs on aluminum foil sprayed with cooking spray. I poked holes in the foil to allow grill flavor to seep through). Grill slow, turning skewers every 5 minutes or so until desired doneness. Remove and enjoy!!! Feel free to reserve a little bit of the marinade (before soaking raw chicken in it) to brush on after as well.

Total Servings - 6

Serving size - 1 skewer

Points per serving - 2

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"What is written without effort is in general read without pleasure."  
- Samuel Johnson***