



Grilled Chicken Breast Skewers

Ingredients

- 4 skinless boneless chicken breasts
- 2 tablespoons Soy Sauce
- 1 bottle Italian dressing
- 1 red bell peppers (or green depending on what you like)
- 1 yellow bell peppers (just a pepper you get the point)
- 2 teaspoon garlic salt
- 2 tablespoons olive oil
- ½ tablespoon coarse ground black pepper
- ¼ tablespoon salt
- ½ tablespoon Italian seasoning

Preparation

- **Step 1:** in a large zip lock baggie dump the soy sauce and Italian dressing into the bag
- **Step 2:** cut the chicken into slightly larger than bite size pieces or if you can unhinge your jaw like an anaconda ...regular bite size pieces. Place this chicken into the marinade baggie and marinade overnight. Did you see how we used the same word as a noun and verb in the same sentence...sorcery I say.
- **Step 3:** cut the peppers in pieces roughly the same diameter as the chicken
- **Step 4:** soak skewers in water for at least an hour
- **Step 5:** put the peppers and chicken onto the skewer using a pepper, pepper, chicken pattern
- **Step 6:** mix all of the dry seasoning together in a little bowl
- **Step 7:** drizzle the skewers with olive oil and then sprinkle the skewers with the dry seasoning
- **Step 8:** If you have a charcoal or gas grill get it hot...if you don't then ask yourself what you're doing with your life and get out a large roasting dish or deep cookie sheet and line it with greased aluminum foil then preheat your oven to 425F.
- **Step 9:** Cook in the oven or grill turning the skewer every 2-3 minutes (seriously leave it alone for at least 3 minutes at first.) When the chicken starts to brown/blacken pull one skewer off and cut into one of the chunks to make sure it's done. When they are done remove from heat and serve them up.