

Chicken Sausage Veggie Kabobs



PREP TIME:
20 MINUTES

COOK TIME:
10-15 MINUTES

TOTAL TIME:
35 MINUTES

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Recipe type: Gluten Free / Dairy Free
Yield: 6-8 Serving

For Cleanse Friendly Version: Omit Tomatoes & Peppers

Ingredients:

- 2 Packs - 12 oz. Organic Chicken Sausage (Pre-cooked) – Sliced into Rounds – Recommend Bilinski Brand
- 8 oz. Pack Mushrooms – Recommend Baby Portabella
- 1 Medium Zucchini – Sliced into Rounds
- ½ Medium/Large Green Bell Pepper – Cut into Pieces
- ½ Medium/Large Red Bell Pepper – Cut into Pieces
- ½ Pint Organic Grape Tomatoes
- ½ Large Red Onion – Cut into Chunks

Marinade:

- 4 TBSP Extra Virgin Olive Oil
- 2 TBSP Stone Ground Mustard (or Spicy Mustard)
- 2 TBSP Fresh Squeezed Lemon Juice
- ½ Teaspoon Sea Salt
- 2 TBSP Coconut Aminos
- 3 TBSP Water
- ½ Teaspoon Garlic Powder
- ½ Teaspoon Italian Seasoning
- ½ Teaspoon Rosemary
- ¼ Teaspoon Thyme

Instructions:

1. Prepare the marinade by combining all marinade ingredients from olive oil to thyme into a small mixing bowl. Lightly stir with a whisk.
2. Skewer all the sausage and veggies. Can either alternate sausage with veggies on skewer or put all meat on one skewer and veggies on a separate one.
3. Place all skewers on a cookie sheet. Baste all sides with basting brush applying marinade to veggies and sausage.
4. Pre-heat outside grill on medium heat. Place skewers carefully on grill and rotate skewers about every 3-4 minutes so each side has grill marks. Try not to overcook the meat or veggies.
5. Carefully remove chicken & veggies from skewers and pour into serving bowl.
6. **Suggested Sides:** Quinoa | Brown Rice | Gluten Free Pasta | Sweet Potato

***Try and use all organic ingredients if possible.**

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