



DINNER FOR ONE

CHICKEN KABOBS

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HOT HONEY

YOU CAN GET YOUR KABOBS PRE-PREPARED AT YOUR GROCERY (AND @COSTCO) IF YOU'RE TRYING TO BE SUPER EFFICIENT, BUT THEY'RE ALSO PRETTY EASY TO ASSEMBLE.

GROCERY LIST:

- 2 BONELESS CHICKEN BREASTS - CUBED
- 1 OR 2 BELL PEPPERS OF CHOICE (RED AND GREEN USED)
- 1 WHITE ONION

THEN, YOU'LL SEASON WITH YOUR FAVORITE SEASONINGS, I USED:

- PEPPER
- SALT
- GARLIC POWDER
- ONION POWDER
- RED PEPPER FLAKES
- SALT

AND THEN, YOU'LL ASSEMBLE ON SKEWERS (SOAK THEM IN WATER TO PREVENT BURNING IF YOU HAVE TIME)

I DECIDED TO MAKE AN MARINADE (TERIYAKI-LIKE) MEASURED WITH MY HEART AND TO TASTE:

- 2 CLOVES MINCED GARLIC
- SOY SAUCE
- BROWN SUGAR
- HOT HONEY
- REPEAT SEASONINGS USED ON CHICKEN

AND LET IT SIT IN THE FRIDGE FOR ABOUT AN HOUR OR SO UNTIL I WAS READY TO MAKE DINNER

- AS A SIDE, I ALSO JUST THROW 1 CUP OF RICE IN THE RICE COOKER THEN,

TENTED IN MY ALUMINUM FOIL TO BAKE IN THE OVEN AT 450 DEGREES FOR ABOUT 30 MINS OR UNTIL CHICKEN WAS COOKED!