



Balsamic Peach Chicken Kabobs



prep time
30 minutes



total time
45 minutes



servings
4

Ingredients

- 1 pound/450 grams chicken thighs
~13 servings of protein
- 4 peaches/540 grams without the pit
~ 2.5 servings of carb

Marinade Ingredients

- 1/4 cup balsamic vinegar
- 2 TBSP olive oil extra virgin
~ 2 servings of fat
- 1/2 tsp salt
- 1/2 tsp ground ginger
- 1 tbsp fresh basil- finely chopped

Balsamic Glaze Ingredients

- 1 cup balsamic vinegar

Instructions

- 1 Cut your chicken thighs into large chunks. (If you cut them too small the chicken can dry out.)
- 2 Toss the chicken in a large ziploc bag with all marinade ingredients. Squeeze out excess air and zip closed. Use your fingers to massage the marinade evenly around the chicken. Let sit for at least 30 minutes, flipping the bag over occasionally.
- 3 Slice peaches into large chunks (approximately 8 pieces per peach) approximately the same size as your chicken.
- 4 Skewer your peaches and chicken.
- 5 Preheat grill to medium heat.
- 6 Place your kabobs on the grill. Grill for 5 -7 minutes, flip, and grill other side for another 5-7 minutes or until chicken is cooked through. (If your grill runs hot you may want to do less time or lower the heat. We don't want to char the kabobs!)



- 7 While the chicken is grilling start your balsamic glaze. To make the glaze add 1 cup balsamic vinegar to a small pot. Heat to boiling. Reduce heat to low. You'll end up with small bubbles around the perimeter as it gently simmers. Let it continue simmering for about 10 minutes. Stir occasionally. It can burn quickly so keep an eye on it. Once it's reduced and thickened remove from heat. Drizzle over finished kabobs as you're plating.

Whole Recipe Serving Breakdown:
13 servings of protein
2.5 servings of carb
2 servings fat