



Vegetable, Shrimp & Chicken Kabobs

A simple, vibrant mix of vegetables, fruits, and protein with a citrusy twist.

🌟 Overview

These kabobs are bursting with color, flavor, and freshness. With a mix of sweet pineapple, colorful peppers, and a splash of fresh lemon juice, they're the perfect light and healthy dish for the grill or oven.



Chicken Kabobs

Ingredients:

- Boneless chicken chunks (breast or thigh)
- Fresh pineapple pieces
- Colorful bell peppers (red, yellow, green)
- Red onions
- Fresh squeezed lemon juice

Instructions:

1. Cut chicken into even-sized chunks.
 2. Thread chicken, pineapple, peppers, and onions onto skewers.
 3. Squeeze fresh lemon juice over kabobs.
 4. Grill or bake until chicken is fully cooked and slightly charred.
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Shrimp Kabobs

Ingredients:

- Shrimp (peeled and deveined)
- Fresh pineapple pieces
- Colorful bell peppers
- Red onions
- Fresh squeezed lemon juice

Instructions:

1. Toss shrimp with lemon juice.
 2. Skewer shrimp with pineapple, peppers, and onions.
 3. Grill quickly over high heat until shrimp is pink and opaque.
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 **Vegetable Kabobs**

Ingredients:

- Whole mushrooms
- Red onions
- Colorful bell peppers

Instructions:

1. Cut vegetables into similar-sized pieces.
 2. Thread onto skewers, alternating colors for visual appeal.
 3. Brush lightly with olive oil or lemon juice (optional).
 4. Grill or roast until tender and slightly charred.
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Tip: Soak wooden skewers in water for 20–30 minutes before grilling to prevent burning.