

Barbecue Chicken and Peach Kabobs

Prep Time: 15 minutes Total time: 29 minutes

Makes: 4 Servings

What you Need:

¼ cup barbecue sauce, divided

1 lb boneless skinless chicken breasts, cut into 16 pieces

2 peaches, peeled, each cut into 8 pieces

8 slices bacon cut crosswise in half

Make it:

Heat grill to medium-high heat.

Reserve 2 tablespoons barbecue sauce. Stack 1 each chicken and peach piece; wrap with 1 bacon piece. Repeat with remaining chicken, peaches and bacon. Thread onto 4 skewers. Brush with remaining barbecue sauce.

Grill 12 to 14 minutes or until chicken is done, brushing with reserved sauce the last 2 minutes.

Note: If using wooden skewers, soak them in water 30 minutes before using to prevent them from burning on the grill.

Nutrition Information

Calories	240	Carbohydrate	10g
Dietary Fiber	1g	Fat	9g
Protein	29g	Sodium	570mg