Mint Marinated Chicken Kabobs

1/4 c fresh mint, chopped
2 T parsley, chopped
1 clove garlic, minced
2 T lemon juice
3 T olive oil
1 lb chicken breast, cut into 1 inch cubes
bell peppers, cut into 1 – 2 inch pieces
onions, cut into 1 – 2 inch pieces
kosher salt & pepper, to taste

In a bowl, combine the mint, parsley, garlic, lemon juice and olive oil. Whisk until smooth. Add the chicken, peppers and onions and toss to coat. Allow to marinade for 30 minutes. Meanwhile, preheat grill to medium high and soak skewers if necessary. Alternate chicken and vegetables onto skewers. Grill until the chicken is cooked through, turning once halfway.

Recipe by Garden Chef Christina Curry