



## BALSAMIC CHICKEN SKEWERS

### INGREDIENTS

1 lb Chicken  
1.5 Cups Balsamic Dressing (Trader Joes or any other brand)  
2 Bell Peppers  
1 Onion  
2 TB Favorite Seasoning (21 Salute TJ)  
Salt  
Pepper  
Skewer Sticks (soaked for 12-24 hours)

### DIRECTIONS

1. Morning Of: Place 10 skewers in a zip lock of water and let it sit all day. Cut up thawed Chicken into chunks and place in a bowl or zip lock with 1.5 cups of dressing. Set in fridge
2. Prep: Cut up Bell Peppers and Onion into Chunks. Place in a bowl with 1 TB of Avocado Oil (or oil of your choice), 1 TB Favorite Seasoning (I used 21 Salute from Trader Joes), salt, pepper.
3. Make rice in insta pot or rice cooker
4. String veggies onto stick
5. Take Chicken and place on stick one piece at a time. Add 1 TB favorite seasoning (21 Salute from TJ or any you like)
6. Grill Chicken 5-8 minutes per side (Internal Temp 165). Grill veggies roughly 8-10 minutes total, turning often
7. Serve chicken, peppers, onion, over rice! Enjoy!  
\*\*Pour Balsamic Glaze over top for extra special taste and presentation\*\*

### NOTES

Thaw Chicken Day before

Instapot Rice: 2 Cups of rice, water that covers rice and goes about 1.5 inches above (finger technique). Cook for 5 min and let slow release for 10 minutes