Skewerless Chicken Kabobs

Ingredients:

2 lbs of chicken breast & thighs (skinless boneless), cut into ¾ inch cubes

2 Tablespoons olive oil, divided

Salt and ground pepper, to taste

2 large bell peppers (any color), cut into ¾ inch pieces

2 medium zucchini, cut into ½ inch slices

1 medium summer squash, cut into ½ inch slices

1 large red onion, cut into wedges

½ pound medium fresh mushrooms, halved

1 cup ripe cherry tomatoes

3 cloves of garlic, minced

1 Tablespoon Italian seasoning

Instructions:

1. Season your chicken with salt and pepper on all sides.
2. Heat half of your oil in a large skillet over medium heat. Add the chicken and cook, stirring occasionally, until golden brown and cooked through, 10-12 minutes. Set aside and cover to keep warm.
3. In a large bowl, add all of your prepped veggies (besides the tomatoes), garlic, Italian seasonings, and season with a pinch of salt and pepper, stir to coat.
4. Pre-heat the remaining oil in the skillet again over high heat.
5. Add seasoned veggies and cook for 4-5 minutes, or until tender-crisp.
6. Return the chicken back into your skillet together with the cherry tomatoes and toss to heat everything up.
7. Serve with rice or quinoa.