

Chicken & Green Bean Skewers with Rice Pilaf

Servings: 2

Adapted from Woman's Day June 2012

Ingredients

2 boneless skinless chicken breasts, cut into 1-inch pieces

1/2 cup green beans, cut into 2-inch pieces

1 tablespoon low-sodium soy sauce

1 teaspoon minced garlic

1 tablespoon olive oil

1/4 teaspoon pepper

1 package Heritage Roasted Garlic & Herb Basmati Rice

Preparation

1) Preheat grill to medium-high heat.

2) In a large bowl, toss chicken, green beans, soy sauce, garlic, olive oil and pepper.

3) Thread chicken and green beans alternately onto skewers.

4) Prepare rice according to package directions.

5) Grill skewers 8-10 minutes, flipping half way through. Serve over rice.