

Grilled *Mediterranean Kabobs*

Serves 2



Ingredients

- 1 package (12 oz) fully cooked chicken sausage, cut into 1 inch pieces
- 1, 12 oz jar artichoke hearts, packed in water, cut in half
- 2 red, orange or yellow bell peppers, cut into 1 inch pieces
- 8 green olives
- 1/2 cup light Italian dressing
- 4 wooden skewers

Instructions

- Slide the vegetables, green olives, and chicken sausage pieces onto water-soaked wooden skewers, dividing the ingredients equally among each skewer.
- Place kabobs in a baking dish and drizzle with Italian dressing to marinate.
- Place the kabobs on the grill until heating through, rotating every couple of minutes.
- Serve over a bed of fresh salad greens if enjoying on the Reclaim Phase.
- You may serve with 1/2 cup cooked quinoa, 1/2 cup cooked brown rice, 1/2 cup of cooked beans or 1/4 cup hummus as a healthy complex carb for both transformation and stabilization phases.

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