

## Marinated Kabobs

Lean cut of steak or Chicken breasts cut into 1 inch chunks

Marinade:

1 cup of Lite Soy Sauce

3 T. Olive Oil

½ can diet sprite or fresca

1 tsp. crushed garlic or ½ tsp. garlic powder

½ tsp. ground ginger

(I usually double this and store ½ in a container in the fridge for future use. (Stays good for a couple of weeks) You can also use the extra for basting kabobs while cooking. Just be sure to put basting marinade in a separate bowl to use while cooking. Don't dip basting brush in marinade that you are keeping for future use, as this will contaminate the marinade with raw meat juices.

This marinade is great for whole chicken breasts, or turkey chunks, or leans steaks to add flavor before grilling or broiling. Marinade 3 to 4 hours or overnight in a zip lock bag in the refrigerator

Marinate meat for kabobs 1 to 3 hours in a zip lock bag in the refrigerator.

Prepare kabob chunks of your choice of the following:

Green Pepper

Red Pepper

Onion

Mushroom

Zucchini

Thread on skewer with meat choice alternately. Baste with extra marinade, Then grill or broil or bake uncovered till beef is done to your liking, or till chicken is no longer pink and is tender to pull apart.