Chicken Kabobs and Barley Pilaf

Yield: 4 Servings

Ingredients
12-15 oz. boneless, skinless chicken
3 T. olive oil
1 T. butter
2 T. balsamic vinegar
¼ t. garlic powder
Black pepper to taste
8 wooden skewers
1 green pepper, cut into chunks
1 red pepper, cut into chunks
1 yellow squash or zucchini squash, cut into ½-inch slices
8 cherry tomatoes
Salt to taste
1 T. butter
1 medium onion, diced
¾ c. quick barley
2 c. low-sodium chicken or vegetable broth
1 bay leaf
Freshly grated Parmesan
Fresh parsley

Directions
1. Preheat oven to 350 degrees F/ 176 degrees C
2. Cut the chicken into two-inch cubes and place in a large bowl. Mix in 2 T. olive oil, vinegar, garlic powder and a couple of dashes of black pepper. Set aside to marinate.
3. Soak the wooden skewers in water.
5. Place the peppers and squash/zucchini in a bowl, add the cherry tomatoes and lightly season with a little salt and 1 T. olive oil. Toss gently.
6. Build eight kabobs by placing the vegetables and chicken on the skewers, paying attention that the vegetables and chicken are equally distributed. Discard the marinade.
7. Place the skewers on a foil-lined baking pan and place pan in the oven. Bake until the chicken is cooked through and the vegetables are tender (about 20 minutes, turning halfway through).
8. While the kabobs are baking, melt the butter in a medium sauce pan over medium heat;. Add the onion and sprinkle with salt and pepper. Sauté the onion for about five minutes, or until it begins to soften.
9. Add the quick barley to the onion, cook and stir constantly for about two minutes. Add the broth and bay leaf. Reduce the heat to low, cover and cook until the barley is almost tender (about 20-25 minutes). Salt and pepper to taste; top with a little freshly grated Parmesan cheese and fresh parsley, if desired.
10. Serve each plate with one quarter of the pilaf, two kabobs and a side dish of your favorite fruit.

Notes
• The marinade works well for any type of meat.
• Consider using minced garlic, adding a little more, if you are a garlic lover. Consider adding a little curry to the pilaf.