



Mediterranean Chicken Sausage Kebabs



1/6 of recipe (1 skewer): 117 calories, 5.5g total fat (1.5g sat. fat), 373mg sodium, 7g carbs, 1g fiber, 4g sugars, 10g protein

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Prep: 15 minutes **Cook:** 15 minutes

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Ingredients

12 oz. (about 4 links) fully cooked chicken sausage (spinach-feta flavor, if available)
2 cups zucchini or yellow squash cut into 1-inch chunks
1 cup red onion cut into 1-inch chunks
1 cup cherry tomatoes
2 tbsp. light vinaigrette dressing, or more for serving

Directions

Slice sausage into 1-inch coins. Alternately thread sausage, zucchini/squash, onion, and tomatoes onto six skewers, tightly packing them together.

Spray a grill with nonstick spray and bring to medium-low heat. Brush all sides of the kebabs with the dressing. Grill for 6 minutes with the grill cover down.

Flip kebabs. With the grill cover down, grill for 6–8 minutes, or until veggies have softened.

MAKES 6 SERVINGS

HG Alternative: Cook your kebabs on a grill pan, and adjust cook times as needed. If the pan doesn't have a lid, just loosely cover it with a skillet lid.

HG Tip: If using wooden skewers, soak in water for 20 minutes to prevent burning.

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