

Air Fryer Chicken Kebab

Ingredients

- 1 pound chicken breasts (or tenders)
- 2+ cups of our favorite vegetables (grape tomatoes, onions, mushrooms, etc.)
- Your favorite marinade (optional)
- Your favorite seasoning (salt, pepper, garlic, etc.) to taste
- Non-stick cooking spray or olive oil

Instructions

1. Cut chicken into 1” cubes.
2. Cut vegetables into 1” squares/cubes.
3. If you are using wooden skewers, soak in water for 1-2 minutes to prevent them from burning during the cooking process.
4. Slide your chicken and vegetables onto your skewers. Spray or brush with oil.
5. Preheat Air Fryer to 350 for 3 minutes, or use preheat setting.
6. Place kebabs in your air fryer, keeping enough space between them to allow the air to flow freely around them. Cook for 10 minutes. Turn and cook for an additional 6-8 minutes or until done. If using a rack and cooking two layers of kebabs, switch skewers for even cooking. Check chicken for doneness.
7. Once cooked to preference, remove from air fryer.
8. Enjoy!