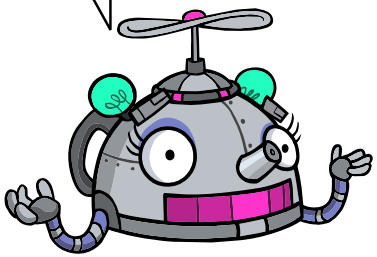
SHOPPING LIST

Chicken & Vegetable Yakitori

- ◯ Soy Sauce
- ◯ Honey
- ◯ Rice Vinegar
- ◯ Cornstarch
- ◯ Chicken Breasts
- ◯ Red Bell Pepper
- ◯ Zucchini
- ◯ Olive Oil
- ◯ Black Pepper
- ◯ Kosher Salt

First, check off the items you already have at home.



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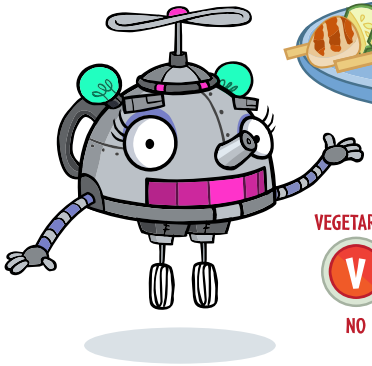
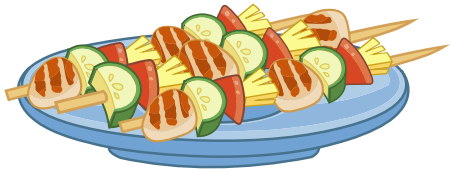
DINNER

PBS KIDS GO! FIZZY'S LUNCH LAB

Chicken & Vegetable Yakitori





VEGETARIAN	TIME	DIFFICULTY	SERVES
V		H	4
NO	About 30 min.	Hard	

YOU WILL NEED

- **¼ cup** low-sodium soy sauce
- **3 tablespoons** honey
- **2 tablespoons** water
- **1 tablespoon** rice vinegar
- **1 teaspoon** cornstarch
- **2 (6 ounce)** boneless, skinless chicken breasts, cut into 1-inch cubes
- **1 medium red bell** pepper, cut into 1-inch squares
- **1 medium zucchini,** halved lengthwise and cut into 1-inch pieces
- **1 tablespoon** olive oil
- **½ teaspoon** black pepper
- **¼ teaspoon** kosher salt

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

Each skewer should have approximately 3 pieces of chicken, 3 pieces of bell pepper, and 2 pieces of zucchini. Soak the skewers in water for 1 hour prior to cooking to prevent them from burning on the grill.

STEP 1: Whisk the soy sauce, honey, water, vinegar, and cornstarch together in a small saucepan. Bring to a boil over medium-high heat, and cook until slightly thickened, about 1 minute; set aside.

STEP 2: Thread alternating pieces of chicken and vegetables on eight 6-inch skewers. Brush the skewers with the oil and season with pepper and salt. Grill over a hot grill, or in a grill pan, turning frequently until lightly charred and cooked through, about 15 minutes. During the last minute of cooking, brush the skewers liberally with the sauce.

STEP 3: Transfer the skewers to a serving plate and let rest for 5 minutes. Serve.

Nutrition Facts

Serving Size 1 skewer (101g)
Servings Per Container 8

Amount Per Serving

Calories 100 Calories from Fat 20

	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 290mg	12%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Sugars 7g	
Protein 11g	

Vitamin A 6% • **Vitamin C** 30%
Calcium 2% • **Iron** 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4