

Tasty Recipes for You to Try



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Rob-Kabobs

Shared by:
Rob Croom

Ingredients:

Kabobs

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| 4 Strip steaks (or 3 lbs. of steak of your choice) | 4 ears of corn |
| 1.5 lbs. chicken breast fillets (or chicken tenders) | 1 box Uncle Ben's original rice |
| 2 squash | 12" skewers (metal or wood) |
| 2 zucchini | |
| 1 green apple | |
| 4 peppers (any color) | |

Marinade

- Black pepper
- Brown sugar
- Cinnamon
- Lowry's Montreal steak seasoning
- Dale's Marinade
- Italian dressing
- Dr. Pepper
- Ziploc bags or bowls for marinating
- Aluminum foil

Directions:

1. Cut steak in pieces (I usually get 4-5 pieces on a strip). **IMPORTANT!** I Always cut the steak larger than the chicken!! This ensures chicken will cook thoroughly and steak should be Medium rare-medium.
2. Place in Ziploc bag with 4 oz. Dr. Pepper, 4 oz. Italian Dressing, and 2-4 oz Dales marinade. Be careful not to use too much Dale's.
3. Cut chicken into pieces about 30-40% or 1/3 smaller than the steak. Place in another Ziploc bag with enough Wickars to cover all the chicken in the Ziploc.
4. Cut the squash and zucchini into 1/4 inch pieces and place in another Ziploc bag. Cut peppers and place in Ziploc with Squash and Zucchini. Add 2 oz. Italian dressing and 1 oz. Dale's. (Can substitute any marinate for the veggie's and pepper's).
5. Cut Green apple into wedges (need 2 per skewer). Place apples in separate Ziploc with 4 oz. of Dr. Pepper, a tsp. (or 2) of brown sugar and a dash cinnamon to your preference. You should get 4-6 big slices from one apple.

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6. Shuck corn and wash off silks. Cover corn lightly with butter. Dash corn with black pepper and Lowry's seasoning and wrap in aluminum foil.
7. Start Uncle Ben's rice on stove top.
8. Now to the fun part: assemble your Rob-Kabobs! Start with one piece of apple, then assemble any way you like using steak, chicken and veggies. I try to get at least 2 pieces of meat per skewer. There is no wrong way to do this, so be creative. Once your kabob is assembled, add another wedge of apple at the end (this helps keep the skewer together and gives added flavor.) I use a Pyrex dish to place the Kabob's on because it helps with the cleanup.
9. Put corn and kabob's on the grill and cook for 5 minutes a side for 20 min cooking time all depends on grill temperature and steak and chicken size. Serve with a side of Uncle Ben's rice.

Enjoy!

