

## **Grilled Mediterranean Kabobs**

GF fully cooked chicken sausage  
Frozen, thawed artichoke hearts  
Red, yellow, or orange bell pepper  
Large, pimento stuffed, green olives  
Italian dressing

Tip: The vegetables may be available in your grocer's salad bar— making this an even easier meal to prepare.

Cut the chicken sausages into one inch chunks, artichoke hearts in half, and peppers into slices and then 1 to 1 1/2 inch pieces. Slide the vegetables, green olives and chicken sausages onto water soaked wooden skewers. Alternate chicken sausage and vegetables until each skewer is about 2/3 of the way full. When you're done with each place it in the bottom of a large baking dish. Once complete sprinkle with Italian dressing (your favorite or oil, vinegar, salt and pepper will work just fine). Twirl each kabob around until it is fully covered with the dressing.

Place the kabobs on the grill until heated through and the sausages are sporting some nice seared grill marks. Serve immediately with your favorite summer salads.

NOTE: I like Al Fresco All Natural Sweet Italian Style Chicken Sausage. They are gluten-free and fully cooked.