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Mexican Chicken Skewers

Ingredients:

- 8 Oz Chicken breasts cut into cubes
- 3 tbs. olive oil
- 1 garlic clove, crushed
- 1 tsp. ground cumin
- 1/2 tsp. cayenne pepper
- 2 small red pepper and 2 small green pepper, deseeded and cut into bite-size pieces
- 1 small to medium onion, cut into 8 wedges
- Bamboo or wooden skewers
- 1 Avocado, mashed

Directions:

1. Put the oil, garlic and spices into a bowl and mix well.
2. Add chicken to the marinade, mix and leave to marinate at room temperature for 30 minutes.
3. Meanwhile, soak 8 bamboo or wooden skewers in cold water for the same time.
4. Thread the chicken, peppers and onion alternately onto the skewers.
5. Brush any remaining marinade onto the peppers and onion pieces.
6. Put on a cooking grate and cook directly over a medium heat source for 10-12 minutes, turning halfway.
7. Serve with Avocado

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