

# Core Cooking with Mandie Shockley

---

## Fajita on a stick (Grilled Kabobs)



### INGREDIENTS

*Serves 4*

A mix of lean organic grass fed beef & organic chicken breast cut into bite sized cubes and wild caught shrimp.

½ red, green, yellow bell pepper & red onion (all chopped into bite sized pieces)

1-2 cups cherry tomatoes

2 cloves minced garlic

¼ - ½ tsp red pepper flakes

1 tsp ground coriander

1 tbsp. cumin

½ tsp chili powder

¼ tsp cayenne pepper

Pink Himalayan salt & cracked black pepper,

¼ cup apple cider vinegar

4 tsp olive oil

Pre-soaked wooden or metal skewers

### INSTRUCTIONS

Mix protein together in one bowl and all veggies together in another.

For marinade, whisk together minced garlic, red pepper flaked, coriander, cumin, chili powder, cayenne pepper, pink Himalayan salt, black pepper and olive oil. Pour half of marinade over meat and mix well. Add apple cider vinegar to remaining marinade and pour over vegetables. Let sit 30 minutes.

Skewer all veggies and meat as desired, leaving a small space in between each piece to allow food to cook properly. Grill over medium-high heat until veggies begin to char, turn and cook until meat reaches desired done-ness. Serve immediately from the grill.

Enjoy!!