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Memorial Day Kebabs

Fire up the barbecue and step your grilling game up a notch with these healthy chicken kebabs. Paired with fresh summer produce like zucchini, red bell pepper and cherry tomatoes, these colorful skewers are full of nutrition and flavor. The secret is all about the combination of simple marinade and eastern Mediterranean mint dressing. Serve with a simple garden salad and lots of outdoor fun.

Cypriot Chicken Kebabs

12 oz. chicken breast, boneless, skinless, cut into 12 even pieces
1 zucchini, cut into 8 slices
1 medium red bell pepper, cut into 8 pieces
8 cherry tomatoes

Marinade

1 Tbsp. extra virgin olive oil
2 Tbsp. apple cider vinegar
1 tsp. Dijon mustard (spicy brown may be substituted)
1/2 tsp. dried oregano
2 cloves garlic minced
2 Tbsp. fresh parsley, chopped
Salt and freshly ground black pepper to taste

Dressing

12 fresh mint leaves
1 cup frozen peas, cooked
1 Tbsp. extra virgin olive oil
1 clove garlic, minced
1/4 tsp. cumin
Juice of one lemon

Whisk together marinade ingredients and set aside 1 tablespoon for basting later. In shallow dish, cover chicken with marinade until well coated. Cover and marinate in refrigerator for at least 2 hours.

Using four kabob skewers, arrange 3 pieces of chicken and 2 pieces each of zucchini, pepper and tomatoes per skewer. For easier grilling, start and end each skewer with chicken.

Coat grill lightly with oil to prevent sticking. Place skewers on medium-hot grill. Turn frequently and brush with reserved marinade. Cook for 18-25 minutes or until juices run clean. Cooking time will depend on size of chicken pieces and temperature. *

In meantime, for dressing, place ingredients in food processor or blender. Puree and set aside.

After removing kabobs from grill, let stand 5 minutes. Serve with dressing on side.

Makes 4 servings.

Per serving: 200 calories, 8 g total fat (<1 g saturated fat), 10 g carbohydrate, 21 g protein, 3 g dietary fiber, 105 mg sodium.

*An alternative cooking method is to pre-heat oven to 400 degrees. Place skewers on shallow baking dish on center rack. Bake 10 minutes. Baste and turn over, baste and bake for additional 10-15 minutes or until chicken is cooked through.