



July 2015

Quick Bites — Chicken

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

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.

Ingredients:

Kebabs

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

Marinade

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

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

Directions:

1. 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.
2. 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.
3. 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. *
4. In meantime, for dressing, place ingredients in food processor or blender. Puree and set aside.
5. After removing kabobs from grill, let stand 5 minutes. Serve with dressing on side.



*For more information:
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