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Prevent and Protect
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ROSEMARY CHICKEN KABOBS *(Southern Living – April 2011)*

Makes 4 Servings

- 1/3 cup red wine vinegar
- 1/3 cup olive oil
- 4 garlic cloves, pressed
- 1 tablespoon fresh rosemary leaves
- 1 teaspoon salt
- 1 teaspoon Dijon mustard
- 1 lb skinned and boned chicken breasts, cut into 2-inch pieces
- 1 large green bell pepper, cut into 2-inch pieces
- 1 pint cherry tomatoes
- 1 8-oz package fresh mushrooms
- 16 (6 inch) metal skewers

- Preheat grill to 350-400 (medium-high heat). Whisk together first 6 ingredients in a small bowl.
- Pour half of olive oil mixture into a shallow bowl or Ziploc plastic freezer bag; add chicken, turning to coat. Cover or seal, and let stand for 10 minutes.
- Pour remaining olive oil mixture into another bowl or freezer bag; add bell pepper, tomatoes and mushrooms, and toss to coat; cover or seal, and let stand 10 minutes.
- Remove chicken and vegetables from marinade, discarding marinade. Thread chicken onto 8 skewers. Thread vegetables alternately onto remaining 8 skewers.
- Grill kabobs, covered with grill lid, 10-12 minutes until chicken is done and vegetables are tender, turning occasionally.
- Remove kabobs from the grill, and let stand 5 minutes before serving.

Easy Side Dish: Toss 1 (5-oz) head Bib lettuce with ½ cup drained mandarin oranges. Serve with bottled ginger dressing.