



Chicken Kabobs with Low-Cal Marinade

By Katie Ferraro, MPH, RD, CDE

Servings: 6

Ingredients	Nutrient value per serving Serving Size = 2 kabobs
<p><u>Marinade</u> juice from 1 med. orange, squeezed ½ med. jalapeño, diced ¼ t. black pepper 1 T. chili powder 1 t. ground cumin 2 cloves garlic, finely chopped</p> <p><u>Skewers</u> 4 boneless, skinless chicken breasts cut 1-in. cubes 1 med. red bell pepper, cut into 2-in. pieces 1 pkg. whole mushrooms, cleaned and de-stemmed ½ pineapple, cut into 1-in. cubes 1 med. zucchini, sliced ¼ in. thick cooking spray</p>	<p>Exchanges 1 fruit 1 vegetable 3 protein Calories 270 Calories from Fat 18 Total Fat 4 g Saturated Fat 1 g Cholesterol 110 mg Sodium 130 mg Carbohydrate 20 g Fiber 3 g Sugar 8 g Protein 37 g</p>
Instructions	Notes
<ol style="list-style-type: none"> 1. Combine marinade ingredients in large bowl or bag, and mix well. Reserve some marinade to brush on skewers when grilling. 2. Add chicken to marinade, and mix to thoroughly coat. Cover, refrigerate and let marinate for at least 2 hours or overnight, if possible. Discard any marinade that came into contact with raw chicken. 3. Spray grill with cooking spray, set grill to medium-high heat, and thread chicken and vegetables alternately onto skewers. 4. Grill threaded skewers for 10-12 min., or until chicken juice runs clear, turning and basting with reserved marinade frequently until done. 	<p>Prep and cook time: 2 ½ hrs.</p> <p>Note: All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change.</p> <p>GLUTEN-FREE recipes are prepared without any wheat, barley, rye or triticale. Check the label on each ingredient to make sure the brand you are using does not contain these grains in any form (flour, bread stuffing, bran germ, malt, starch, etc.).</p> <p><i>* Dietetic intern Jenny Legrand and nutrition student Briana Rodriquez helped develop these recipes.</i></p>