

Chicken Shish-Kabob

Number of servings: 6
 Preparation time: 15 minutes
 Total time: 2 hours 30 minutes

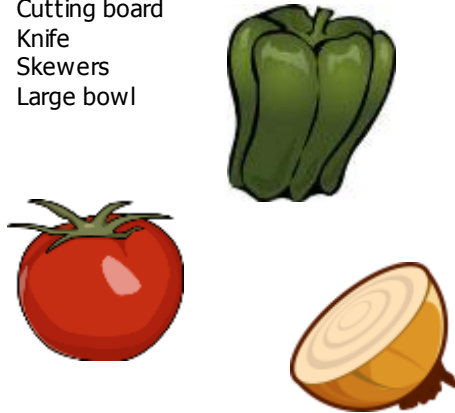
*Marinate chicken at least
 2 hours prior to grilling*

Ingredients:

- 1 pound boneless, skinless chicken thighs, cubed
- 1 cup low-fat Italian salad dressing
- 2 large onions, cubed
- 2 green peppers, cubed
- 3 medium zucchini or yellow squash, cubed
- 12-14 cherry tomatoes, diced
- 12-14 medium mushrooms, sliced

Equipment Needed:

Cutting board
 Knife
 Skewers
 Large bowl



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Directions

- Place the chicken into the bowl.
- Drizzle salad dressing over chicken, cover the bowl and refrigerate for 2 hours or more.
- If using wooden skewers, soak in water for 15 minutes to prevent burning.
- Before placing vegetables on skewers, bring remaining liquid from marinade to a boil.
- Drizzle cooked marinade over vegetables to season.
- Alternately place meat and vegetables on skewers.
- Place kabobs on a hot grill about 2 inches apart. Continue grilling until the meat is thoroughly cooked with no pink color (about 10-12 minutes).
- Remove kabobs to a clean plate and serve immediately.

For a complete meal, serve kabobs over rice and provide a fruit salad for dessert.

Nutrition Facts

Serving Size 1 serving (549.76g)
 Servings Per Container 6

Amount Per Serving

Calories 210 Calories from Fat 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 70mg **23%**

Sodium 170mg **7%**

Total Carbohydrate 23g **8%**

Dietary Fiber 5g **20%**

Sugars 15g

Protein 22g

Vitamin A 8% • Vitamin C 100%

Calcium 6% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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