

Spicy Lemon Chicken Kabobs



Prep Time: 15 Minutes

Marinating Time... Up to Three Hours

Grill Time: 10 Minutes

Makes Six Servings

Ingredients:

1/4 cup lemon juice
four tablespoons olive oil, divided
three tablespoons white wine
1.5 teaspoons crushed red pepper flakes
one teaspoon fresh rosemary, minced or 1/4 teaspoon dried
one pound boneless, skinless chicken breasts, cut into 1" cubes
two medium lemons, halved
assorted seasonal veggies

Preparation Instructions:

Combine lemon juice, three tablespoons of the olive oil, wine, pepper flakes, and rosemary in a large shallow dish. Add the chicken and turn to coat. Refrigerate to marinate up to three hours.

Drain chicken, discarding marinade. Thread chicken onto six metal or soaked wooden skewers. Grill, covered over medium heat until chicken is no longer pink - turning once (10-12 minutes.)

Thread cut veggies onto skewers and grill to desired level of doneness. Note: veggies can be marinated with the chicken. You can also brush some of the marinade onto the veggies or use regular olive oil (or olive oil spray) and season to taste.

While chicken is cooking, place lemons on the grill, cut side down and grill until lightly brown (8-10 minutes). Squeeze the grilled lemon halves over the chicken. Drizzle with remaining olive oil and season to taste.

Tips: Grill the chicken on its own skewer(s) as it may take longer to cook than the vegetables you are using. Ensure the chicken is cooked to an internal temperature of 165°.



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