



DINNER

Chicken Kebobs

Makes 4 serving (serving size = 1 kebob)

Ingredients:

1 pound skinless boneless chicken breasts, raw
 40 cherry tomatoes
 20 mushrooms, halved
 1 small onion, chopped into medium-sized squares
 1 medium-sized bell pepper, chopped into medium-sized squares
 3 Tbsp. olive oil
 1 Tsp. balsamic vinegar
 1 Tsp. Dijon mustard

Directions:

Whisk oil, vinegar, and mustard in a small bowl until well blended. Pour in a Ziplock® bag. Dice chicken into 40 cubes, and add chicken to bag. Marinade for 30 minutes. Thread 1 piece/cube of chicken, 1 tomato, 1 mushroom half, 1 pepper square, & 1 onion square on each skewer; repeat 5 times for each skewer. Place on grill or broiler pan in the oven. Cook at 350 degrees (if not grilling) until chicken is thoroughly cooked (will be white on the inside).

Nutrition information per serving:

Calories: 255 Fat: 7 g Saturated fat: 1g Carbohydrates: 20g Fiber: 4g Sodium 200mg Protein 25g

350 calorie meal = 1S, 3P, 2V, 1O, 1F	500 calorie meal = 2S, 4P, 2V, 2O, 1F	600 calorie meal = 3S, 4P, 2V, 2O, 1F
1 skewer (PPP,VV, O)	1 skewer (PPP, VV, O)	1 skewer (PPP, VV, O)
1 small corn on cob (S)	1 large corn on the cob (SS)	1 large corn on the cob (SS)
¾ cup fresh pineapple (F)	1 tsp butter or 1 Tbsp “light” butter	1 small dinner roll (S)
	¾ cup fresh pineapple (F)	¾ cup fresh pineapple (F)
	1 ounce of low fat cheese (P)	1 ounce of low fat cheese (P)
		1 tsp butter or 1 Tbsp “light” butter (O)