

VitaMin

Vital health information in a minute



Photo: John Autry and Randy Mayor

CHICKEN KEBABS AND NECTARINE SALSA

Yield: 4 servings (serving size: 2 skewers and $\frac{3}{4}$ cup salsa)

Ingredients

- 1 tablespoon brown sugar
- 1 tablespoon olive oil
- 1 tablespoon fresh lime juice
- 2 teaspoons chili powder
- 1 teaspoon bottled minced garlic
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- 1 $\frac{1}{2}$ pounds skinless, boneless chicken breast halves, cut into 24 (2-inch) pieces
- 1 large red onion, cut into 32 (2-inch) pieces
- Cooking spray

For Salsa

- 2 cups diced nectarine (about 3)
- $\frac{1}{2}$ cup diced red bell pepper
- $\frac{1}{4}$ cup thinly sliced red onion
- 2 tablespoons fresh cilantro leaves
- 1 $\frac{1}{2}$ tablespoons fresh lime juice
- 2 teaspoons minced seeded jalapeño pepper
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{2}$ cup diced peeled avocado

Preparation

1. Preheat broiler. Combine first 9 ingredients in a shallow dish; let stand 15 minutes.
2. Thread 4 onion pieces and 3 chicken pieces alternately onto each of 8 (12-inch) skewers. Place skewers on broiler pan coated with cooking spray. Broil 12 minutes or until chicken is done, turning occasionally.

3. Combine nectarines and next 6 ingredients (through $\frac{1}{4}$ teaspoon salt) in a bowl. Gently stir in avocado.

Nutritional Information

Amount per serving

- Calories: 324
- Fat: 8.9 g
- Saturated fat: 1.5 g
- Monounsaturated fat: 4.9 g
- Polyunsaturated fat: 1.3 g
- Protein: 41.2 g
- Carbohydrate: 18.5 g
- Fiber: 3.8 g
- Cholesterol: 99 mg
- Iron: 1.9 mg
- Sodium: 547 mg
- Calcium: 44 mg

Source: Printed with permission of *Cooking Light*, July 2011

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