

Mediterranean Citrus Chicken Kabobs with Grilled Vegetables

Yield: 4 Servings

Ingredients:

Kabobs:

- 4 Boneless/Skinless Chicken Breasts (apx 2 lbs) - washed patted dry
- 2 Large Fresh Garlic Cloves - minced
- 1 Shallot - minced
- Zest of 4 Lemons
- Juice of 4 Lemons
- 4 Tbs Extra Virgin Olive Oil
- 1 tsp Smoked Paprika
- 1 tsp Fresh Thyme -OR- ½ tsp Dried Thyme
- Kosher Salt to taste
- Fresh Ground Black Pepper to taste

Vegetables:

- 4 Roma Tomatoes - halved and 'cored'
- 1 Large Sweet -OR- Red Onion - thick sliced -OR- cut into 'eighths'
- 1 Large Green Bell Pepper - seeded and quartered
- 1 Large Red Bell Pepper - seeded and quartered
- 2-4 Cremini Mushrooms per person - cleaned

Preparation:

- 1) Cut chicken breasts into apx 1 inch cubes
- 2) Whisk together all remaining 'Kabob' ingredients and transfer to a large, zip-top bag
- 3) Add chicken and 'massage until well coated - Squeeze out as much air as possible and seal the bag - Transfer to refrigerator and allow to marinate for a minimum of 30 minutes (DO NOT exceed 2 hours)
- 4) While chicken is marinating, soak skewers (if using wood), prep vegetables, and heat grill (covered) to medium heat (375°F)
- 5) A few minutes before grilling, transfer chicken AND marinade to a large bowl - thread chicken pieces onto skewers (5-7 pieces to a skewer) and set aside - DO NOT DISCARD MARINADE
- 6) Lightly brush grill with canola oil - Add vegetables to remaining marinade and transfer 'cut side down' to grill (use one side of the grill to allow room for cooking kabobs) - Cover with an aluminum baking pan and allow to cook until tender (baste with additional marinade once when turning) - Onions will take 5-7 minutes to a side, Tomatoes and Bell Peppers will take 4-5 minutes to a side, and Mushrooms will take 4-5 minutes to a side
- 7) Grill chicken kabobs over medium heat until juices run clear and they develop a 'nice char' (apx 4-5 minutes to a side) - Baste with remaining marinade as desired (allow to cook a minimum 3 minutes after last basting)
- 8) Once each ingredient is cooked, remove from heat and plate
- 9) Serve with warmed pita bread, hummus, and rice if desired

