

Rosemary-Peach Chicken Kebabs with Orange Glaze

Serves 4

Ingredients:

Cooking Spray

- 1 pound skinless chicken breasts, cut into 1 1/2-inch pieces, all visible fat discarded
- 2 large ripe but firm peaches, cut into 16 1 1/2-inch wedges
- 3 large green bell pepper, cut into 16 - 1 1/2-inch squares
- 1/4 teaspoon pepper
- 1/8 teaspoon salt



Glaze

- 3/4 teaspoon grated orange zest
- 3 tablespoon fresh orange juice
- 3 tablespoon chopped, fresh rosemary
- 1 1/2 teaspoon honey
- 1 1/2 teaspoon canola oil

Directions:

1. Lightly spray the grill rack with cooking spray. Preheat the grill on medium.
2. Meanwhile, thread the chicken, peaches, and bell pepper alternately onto four 14- to 16-inch metal skewers. Sprinkle the pepper and salt over the kebabs.
3. In a small bowl, whisk together the glaze ingredients. Set aside half the glaze (about 2 tablespoons).
4. Brush both sides of the kebabs with the remaining glaze.
5. Grill the kebabs for 6 to 8 minutes, or until the chicken is no longer pink in the center and the vegetables are almost tender.

Nutrition Information per serving (1 kebab):

Calories: 202, Total Fat: 5 g, Saturated Fat: 1 g, Unsaturated Fat: 3g, Cholesterol: 73 mg, Sodium: 206 mg, Carbohydrate 14 g, Fiber: 2g, Total Sugar: 11g, Added Sugar: 0 g, Protein: 25g

SOURCE: <https://recipes.heart.org/en/recipes/rosemary-peach-chicken-kebabs-with--orange-glaze---delicious-decisions>