



Chicken Oriental Kabobs

Serving size: ½ chicken breast kabob

Yield: 8 servings

Ingredients:

8 chicken breasts, boneless and skinless

8 fresh mushrooms

Black pepper to taste

8 whole white onions, parboiled

2 oranges, quartered

8 canned pineapple chunks

8 cherry tomatoes

1 can (6 ounces) frozen, concentrated apple juice, thawed

1 cup dry white wine

2 tablespoons soy sauce, low-sodium

Dash ground ginger

2 T tablespoons vinegar

¼ cup vegetable oil



Directions:

1. Sprinkle chicken breasts with pepper.
2. Thread eight skewers as follows: chicken, mushroom, chicken, onion, chicken, orange quarter, chicken, pineapple chunk, cherry tomato.
3. Place kabobs into shallow pan.
4. Combine remaining ingredients; spoon over kabobs. Marinate in refrigerator at least 1 hour.
5. Drain. Broil 6 inches from heat, 15 minutes on each side, brushing with marinade every 5 minutes. Discard any leftover marinade.

Nutrition Facts: Calories: 359; Total fat: 11 g; Saturated fat: 2 g; Cholesterol: 66 mg; Sodium: 226 mg; Fiber: 3 g; Protein: 28 g; Carbohydrate: 34 g; Potassium: 756 mg

Source: *A Healthier You*, Centers for Disease Control and Prevention



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