

Lemon-Rosemary Chicken Brochettes

This recipe serves: 4

Preparation time : 10 minutes

Cooking time : 10 minutes

Ingredients

1/4 cup fresh lemon juice

1/4 cup olive oil

1 tablespoon chopped fresh rosemary leaves

2 cloves garlic, minced

salt to taste

freshly ground black pepper

4 boneless, skinless chicken breasts, cut into 2-inch pieces

8 pearl onions, unpeeled

2 small yellow summer squash, cut into 1-inch pieces

2 small zucchini, cut into 1-inch pieces

8 cherry tomatoes

12 bamboo (soaked in water) or metal skewers

Cooking Instructions

1. To make the marinade, combine the lemon juice, olive oil, rosemary, garlic, salt and pepper in a small bowl.
2. Place the chicken in a separate bowl, toss it with half of the marinade and refrigerate for at least 30 minutes or overnight.
3. Bring a saucepan of water to a boil, add the onions and cook for 5 minutes. Drain the onions, rinse them under cold water and peel.
4. Add the onions, summer squash and zucchini to the remaining marinade and set aside at room temperature for a few minutes or refrigerate overnight.
(This can be done in advance and refrigerated for up to 2 days.)
5. Preheat the grill to medium-high.
6. Thread the chicken and vegetables, including the cherry tomatoes, onto the skewers. Grill the brochettes on each side until the chicken is cooked through and the vegetables are tender, about 4 to 6 minutes per side.

Nutrition Facts

Serving Size 2 brochettes

Amount Per Serving

Calories 315

Total Fat 9 g

Saturated Fat 2 g

Protein 42 g

Total Carbohydrate 15 g

Dietary Fiber 3 g

Sodium 244 mg

Percent Calories from Fat 27%

Percent Calories from Protein 53%

Percent Calories from Carbohydrate 20%

