

Kickin' Chicken-Veggie Kebabs with Mango Salsa

By Allison Mackey

This dish can be enjoyed any time of year by using whatever vegetables are in season. It's delicious served with rice or couscous and mango salsa. Kids love to eat these kebabs when they have helped to create the colourful combinations! Just remember to cut the pieces uniformly so that they cook evenly.

Basting Sauce Ingredients:

½ cup extra virgin olive oil
1 tbsp Dijon mustard
4 tbsp balsamic vinegar or fresh lemon juice
2 tbsp chopped fresh herbs
Salt and pepper, to taste
Red chili flakes or hot sauce (optional)

Kebab Ingredients:

2 large boneless skinless chicken breasts, cubed (about 1 pound total)
1 cup cherry tomatoes
1 cup mushrooms, whole
1 cup each diced red, yellow and green pepper
1 cup each diced broccoli, cauliflower and eggplant
12 garlic cloves
6 bamboo skewers

Directions:

1. Soak 6 bamboo skewers in cool water for about 20 minutes.
2. Preheat grill (or oven) to 400°F.
3. In a small bowl, whisk together the basting sauce ingredients. Set aside.
4. Alternately thread veggies and chicken onto skewers. Place on cookie sheets about 2-inches apart. Brush the kebabs evenly with the basting sauce.
5. Barbecue on medium-high heat, turning once and basting until sauce is gone. Cook until meat is no longer pink and juices run clear. Put cooked kebabs on clean cookie sheets to transfer to the table. Serve immediately or keep warm in the oven until ready to serve.

Makes 6 servings.

Nutrition analysis per kebab (without mango salsa): 320 calories, 21 g fat, 3.5 g saturated fat, 0 g trans fat, 50 mg cholesterol, 220 mg sodium, 12 g total carbohydrate, 3 g fibre, 5 g sugars, 21 g protein. % Daily Values: Vitamin A 30%; Calcium 4%; Vitamin C 230%; Iron 8%

Nutrition Tips:

- Transferring the cooked kebabs to clean cookie sheets lowers the risk of cross-contamination with the raw chicken juices.
- For a vegetarian version, substitute cubes of extra-firm tofu for the chicken.
- Try different vegetables such as Portobello mushrooms, fennel, butternut squash, pattypan squash or zucchini.

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Fresh Mango Salsa

Ingredients:

1 large ripe mango, chopped
2 large tomatoes, chopped
½ cup chopped fresh cilantro
3-4 green onions, white and light green parts, finely sliced
1 fresh jalapeño, seeds removed, diced
1 tbsp olive oil
Juice of 1-2 limes
Salt to taste

Directions:

1. In a small bowl, gently combine all ingredients.
2. Refrigerate until ready to serve.

Nutrition analysis per serving (1/6th recipe): 60 calories, 2.5 g total fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 9 g total carbohydrate, 2 g fibre, 7 g sugars. %Daily Value: Vitamin A 20%; Calcium 2%; Vitamin C 35%; Iron 2%

Nutrition Tips:

- If mango isn't available, use in-season peaches or apricots for extra fibre and vitamins.
- Use the salsa to top any grilled meat or poached and baked fish.

