

Right for Tonight™ Healthy Meals

# Peach-Chipotle Chicken Kabobs



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**Prep Time:** 20 minutes\*

**Cook Time:** 10 minutes

**Easy Recipe:**

**1/3 cup ShoppRite Southwest Marinade**

- 3 tbsp. peach preserves
- 3/4 lb. boneless, skinless chicken breasts, cut into 1 1/2-inch pieces
- 2 small zucchini, sliced into 1/2-inch rounds
- 1 large red bell pepper, cut into 1 1/2-inch pieces
- 2 large peaches, sliced into 1/2-inch thick pieces
- 2 cups cooked brown rice

**Easy Steps:**

1. In a small bowl combine marinade and preserves; pour into a large plastic resealable bag. Add chicken; seal bag and turn to coat. Refrigerate at least 30 minutes.
2. Coat grill rack with nonstick cooking spray. Preheat grill to medium (300°F to 350°F). Remove chicken from marinade; discard marinade. Thread onto 8 skewers, alternating zucchini, chicken, bell pepper and peaches.†

3. Grill skewers, covered, 4 to 5 minutes per side or until vegetables are crisp-tender and instant-read thermometer inserted into chicken registers 165°F. Serve over brown rice.

Serves 4

**Recipe Note:** You can triple the amount of the marinade and preserves, and reserve 1 cup to use as a dipping sauce.

**Per Serving:** 306 calories, 40g carbohydrate, 28g protein, 3g fiber, 4g fat, 1g saturated fat, 0g trans fat, 66mg cholesterol, 360mg sodium

\*30 minutes marinate time extra

†If using wooden skewers, soak at least 30 minutes before grilling to prevent burning.



**Milk with Meals:** Serve this meal with an 8-ounce glass of lowfat milk to boost daily nutrition value by 8g protein, 30% calcium, 25% Vitamin D, 11% potassium, 10% Vitamin A and 23% phosphorus.

SEE A MORE NUTRITIOUS TABLE



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