Grilled Citrus Chicken Kebabs

in a new light

Makes: 4 servings
Prep Time: 15 minutes
Cook Time: 12 minutes
Difficulty: Easy

Ingredients:

• 1 tablespoon fresh thyme, chopped
• Grated zest of 1 lemon
• 2 garlic cloves, minced
• 2 teaspoons extra-virgin olive oil
• 1/4 teaspoon salt
• 3/4 pound skinless, boneless chicken breast, cut into 16 pieces
• 1 large grapefruit, unpeeled and cut into 16 pieces
• 1 large red bell pepper, cut into 16 pieces
• 1 large red onion, cut into 16 pieces

Directions:

Spray a grill rack with nonstick spray. Preheat grill to medium-high.

Combine thyme, lemon zest, garlic, oil, and salt in a large bowl. Add chicken, grapefruit, bell pepper, and onion; toss to mix well.

Alternately thread the chicken mixture on 4 (10-inch) metal skewers. Place kebabs on the grill rack and grill, turning occasionally, until the vegetables are tender and the chicken is cooked through, 10–12 minutes.

Nutritional Information: Per serving (1 kebab): 170 calories, 4.5 g fat (1 g saturated, 0 g trans), 45 mg cholesterol, 190 mg sodium, 13 g carbohydrate, 2 g fiber, 19 g protein.