

Chicken Pesto Kabobs

A fresh and fun summer dish.



INGREDIENTS:

1 cup pesto, store-bought or homemade

1-2 pounds boneless, skinless chicken breasts cut into 1 ¼" cubes

2 pints cherry tomatoes

2 tablespoons chopped fresh parsley leaves

Salt and pepper to taste

DIRECTIONS:

1. In a Ziploc bag or airtight container, place chicken pieces and pesto sauce, reserving some for serving. Marinate for at least one hour or overnight.
2. Drain chicken from the pesto sauce.
3. Begin by placing chicken pieces on skewer then cherry tomatoes, alternating until skewer is full.
4. Preheat your grill to medium-high heat. If you don't have a grill, bake the chicken tomato skewers in a 450-degree oven for approximately 15 minutes.
5. Add skewers to grill and cook, turning occasionally for an even cook and char marks.
6. Remove from grill when chicken has reached an internal temperature of 165 degrees, about 10-12 minutes.
7. Serve immediately garnished with chopped parsley and reserved pesto sauce.

Source:damndelicious.net



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