



# *Rosemary + Peach Chicken Kebabs with Orange Glaze*

## Ingredients

### Chicken

- 1 lb boneless, skinless chicken breasts, cut into 16 1/2 inch pieces
- 2 large, slightly firm peaches, cut into 16 1-inch wedges
- 1 large green bell pepper, cut into 16 1 1/2 inch cubes
- 1/4 tsp pepper
- 1/8 tsp salt

### Orange Glaze

- 3/4 tsp orange zest
- 3 tbsp orange juice
- 3 tbsp chopped fresh rosemary
- 1 1/2 tsp honey
- 1 1/2 tsp canola or corn oil

## Instructions

1. Lightly spray grill rack with cooking spray. Preheat grill on medium heat.
2. While grill is preheating, alternate and slide chicken, peaches, and peppers onto 4 14 to 16 inch skewers. Sprinkle with salt and pepper. Set aside.
3. In a small bowl, mix together the orange zest, orange juice, rosemary, honey, and oil. Using only half of the glaze mixture, brush both sides of the kebabs with glaze.
4. Grill the kebabs for 6-8 minutes. At around 3-4 minutes, flip kebabs and coat with remaining glaze using a clean basting brush.
5. Remove kebabs when chicken is no longer pink in the middle (165F) and vegetables are tender.

## Nutrition Facts

Per 1 kebab: 200 calories, 5 g fat (1 g saturated fat), 14 g carbohydrates, 2 g fiber, 11 g sugar, 205 mg sodium, & 25 g protein

