

CHICKEN & OYSTER MUSHROOM SKEWERS

Yield: 12 Servings (1 skewer per serving)



TOTAL TIME: 25 minutes

INGREDIENTS

- 1½ lbs. (about 2 pkgs.) chicken breasts, cut in 24 pieces
- 24 oyster mushrooms caps (about ¾ lbs.)
- Salt and pepper
- Wegmans Basting Oil
- 1 lemon, halved

PREPARATION

Preheat grill on high 10 min.

Cover grill grate with nonstick grill foil.

1. Alternate 2 pieces of chicken with 2 mushroom caps on each skewer. Season with salt and pepper; drizzle with basting oil (too much oil will cause flare-ups on the grill).
2. Grill skewers, turning every 2–3 min., for a total of 8–10 min., until internal temp. of chicken reaches 165 degrees. Check by inserting thermometer halfway into the thickest part of the chicken.
3. Transfer to platter; squeeze lemon juice over skewers before serving.

NUTRITION

Per serving: Calories: 70; Fat: 4 g (0 g saturated fat); Carbohydrates: 1 g; Protein: 8 g; Fiber: 0 g.

Recipe courtesy of Wegmans