

Makes: 10 kabobs (serving size – 1 kabob with 2 Tbsp. artichoke relish)



## Ingredients:

### Kabobs-

- ♥ 2 tsp. extra virgin olive oil
- ♥ 10 chicken breasts (4-6 oz.), boneless and skinless
- ♥ 1 cup onion, finely chopped
- ♥ 1 Tbsp. garlic, chopped
- ♥ 1 cup tomatoes, diced
- ♥ 1 tsp. fresh lemon juice

### Artichoke Relish-

- ♥ ¼ cup oil-packed sun-dried tomatoes, drained and chopped
- ♥ ¼ cup pitted green olives
- ♥ ¼ cup basil leaves, chiffonade
- ♥ 2 cups canned artichoke hearts, drained and chopped
- ♥ 2 Tbsp. parsley, chopped
- ♥ 2 Tbsp. toasted pine nuts

## PREPARATION:

### Kabobs-

1. Cut chicken breasts into ¾ "cubes and skewer them. Grill chicken kabobs and finish in 350°F oven until done.
2. Heat oil in a medium nonstick skillet over medium heat.
3. Add onion and sauté until just beginning to soften, about 3 minutes.
4. Add garlic; sauté for 30 seconds.
5. Stir in tomatoes and lemon juice. Bring to a simmer and remove from heat.

### Artichoke Relish

1. Combine sun-dried tomatoes, green olives, basil leaves, artichoke hearts, parsley, and toasted pine nuts.
2. Pulse until vegetables are finely chopped. Transfer to medium bowl. Stir in tomato mixture.
3. Season with salt (optional) and pepper.
4. Can be made one day ahead, cover & chill.

Nutrition Facts	
Serving Size: 1 chicken skewer (1 breast)	
Servings: 10	
Amount Per Serving	
Calories 310	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 150mg	<b>50%</b>
<b>Sodium</b> 370mg	<b>16%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 2g	6%
Sugars 1g	
<b>Protein</b> 51g	
Vitamin A 4%	• Vitamin C 15%
Calcium 4%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet.	

