

Brochettes

Chef Stephen Forman

RECIPE MAKES: 4 SERVINGS

INGREDIENTS

- 8 each raw 26/30 (large) shrimp (peeled and deveined)
- 8 oz. boneless, skinless chicken breast
- 1 each red bell pepper
- 1 each yellow bell pepper
- ¼ each red onion (medium size)
- **8 oz. Smokey Peach Dipping Sauce**
- **Basil Marinade**
- 4 each 10" skewers

NUTRITION INFO

Nutrition Facts	
servings per container	
Serving size	(235g)
Amount per serving	
Calories	210
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 320mg	14%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 1g Added Sugars	2%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 33mg	2%
Iron 1mg	6%
Potassium 562mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PREPARATION

1. Cube chicken into ½" cubes; set aside
2. Shrimp should be peeled and deveined, set aside
3. Cut both peppers into ½" cubes; set aside
4. Cut red onion into ½" cubes; set aside
5. Assemble Brochettes by placing on 1 skewer the following: 2 shrimp, 4 pieces of pepper, 2 pieces of chicken, and 2 pieces of red onion assembling the pieces alternately to show contrast of colors
6. Place completed skewers in a pan to marinate and pan will capture marinade that rolls off skewer
7. Pour marinade over brochettes
8. Marinate to your own liking; at least ½ hour (30 min)
9. Place skewer on a pre-heated grill or place in an oven at 350°F
10. Cook until chicken reads 160°F internal temperature
11. Place cooked Brochettes on a platter and serve

Healthy Options

