

# ROSEMARY BALSAMIC CHICKEN KABOBS WITH BABY GREENS

Yield: 4 (1 Kabob and 2 Cups of Salad)



**TOTAL TIME:** 25 minutes

## INGREDIENTS

- 5 Tbsp. Wegmans Basting Oil, divided
- 2 Tbsp. fresh lemon juice
- Salt and pepper to taste
- 4 Rosemary Balsamic Chicken Kabobs
- 1 pkg. (5.25 oz.) Food You Feel Good About Baby Spinach and Arugula Blend

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## PREPARATION

Preheat grill on high for 10 minutes.

1. Make lemon vinaigrette: Whisk together 3 Tbsp. basting oil and lemon juice in small bowl; season to taste with salt and pepper. Set aside.
2. Clean grill with wire brush. Using soft cloth, coat grill grate lightly with vegetable oil.
3. Sear kabobs on grill 1–3 min., until meat has changed color one-quarter of the way up from the bottom. Turn over; baste seared side with remaining basting oil. Sear 2–3 min., basting and turning kabobs. Reduce heat to medium; close cover.
4. Cook about 8 min. until internal temp reaches 165 degrees. Check by inserting thermometer halfway into the thickest part of chicken. Transfer to clean platter.
5. Toss spinach blend and lemon vinaigrette in large bowl. Equally portion salad on four serving plates; top with kabobs.

## NUTRITION

**Per serving:** Calories: 500; Fat: 19 g; Cholesterol: 195 mg; Carbohydrates: 12 g; Fiber: 4 g; Protein: 71 g; Sodium: 460 mg.

Recipe courtesy of Wegmans