



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

May 19<sup>th</sup>, 2015 Cooking Class

Featuring

D'Avolio's Olive Oil and Vinegar

## Balsamic Chicken Kebabs

Serves about 6

### Ingredients:

- ¼ cup Heinz Yellow Mustard
- ¼ cup Balsamic vinegar
- 6 tbsps. Lemon juice
- 3 cloves of garlic minced (or 3 tps. D'Avolio Garlic olive oil)
- 2 tsp. basic prime rub
- 3 tps. Davolio Milanese Gremolata olive oil
  
- 2 lbs. chicken breasts, cut into cubes
- 1 red onion, cut into chunks
- 1 green pepper, cut into chunks
- 10 large mushrooms, cut into chunks
- 10 small white potatoes, cut into chunks

Nutrition Facts	
Serving Size: 2 skewers	
Servings: 6	
Amount Per Serving	
Calories 430	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 260mg	11%
Total Carbohydrate 57g	19%
Dietary Fiber 5g	18%
Sugars 4g	
Protein 39g	
Vitamin A 2%	• Vitamin C 60%
Calcium 6%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

### Directions:

Mix first 6 ingredients together in a medium bowl. Add the chicken and refrigerate for several hours, or overnight. Remove chicken and discard remaining marinade.

On skewers, alternate chunks of onion, pepper, mushroom, potato, and chicken to create colorful kebabs. Grill on a hot grill until chicken is completely cooked. Alternately, bake in an oven until chicken is cooked.

