

Balsamic Chicken Kabobs

Southern Living Best Barbecue Recipes - June 2011

Servings: 4

Preparation Time: 20 minutes

Grill Time:

8 12-inch wooden or metal skewers

1 1/2 pounds skinless boneless chicken breast, cut into 1 1/2-inch pieces

4 large plums, quartered

2 medium green tomatoes, cut into eighths

2 medium red onions, cut into eighths

2 teaspoons seasoned salt

2 teaspoons pepper

1/2 cup light molasses

1/4 cup balsamic vinegar

Soak the wooden skewers in warm water 30 minutes.

Stir together the molasses and vinegar. Preheat the grill to 350 to 400 degrees (medium-high) heat.

Thread the chicken, plums, tomatoes and onions alternately onto the skewers, leaving a 1/4-inch space between pieces.

Sprinkle the kabobs with the seasoned salt and pepper.

Grill the kabobs, covered with the grill lid, for 6 minutes on each side.

Baste the kabobs with half of the molasses mixture and grill for 3 minutes.

Turn the kabobs and baste with the remaining half of the molasses mixture.

Grill 3 more minutes or until done.

Per Serving (excluding unknown items): 392 Calories; 3g Fat (6.7% calories from fat); 42g Protein; 50g Carbohydrate; 4g Dietary Fiber; 99mg Cholesterol; 824mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 2 Vegetable; 1/2 Fruit; 0 Fat; 2 Other Carbohydrates.