

Chicken Kebabs with Chili-Banana Sauce

*J. M. Hirsch - Associated Press
Palm Beach Post*

Servings: 4

*1/2 cup water
1 teaspoon Kosher salt
1 teaspoon smoked paprika
1/2 teaspoon ground black pepper
1 1/4 pounds (about three) boneless/
skinless chicken breasts, cut into one-
inch chunks
1 1/2 bananas
1/2 cup ketchup
1 to 2 whole fresh jalapeno (for less
heat, split them open and remove the
seeds and ribs)
2 tablespoons red wine vinegar OR
cider vinegar*

In a large zip-closing plastic bag, combine the water, salt, paprika and pepper. Close the bag and shake to blend, then add the chicken. Seal the bag. Turn to coat the chicken. Refrigerate for 30 minutes.

If using wooden skewers for the kebabs, soak them in water while the chicken brines.

Meanwhile, in a blender or food processor combine the bananas, ketchup, jalapenos and vinegar. Puree until very smooth. Set aside.

When ready to cook, heat the grill to medium high. Use an oil-soaked paper towel held with tongs to oil the grill grates.

Remove the chicken from the brine. Thread the pieces onto four skewers.

Grill, turning regularly, until cooked through, about 12 minutes total. Using a basting brush, lightly coat the kebabs on all sides with chili-banana sauce, then grill for another minute.

Transfer the kebabs to serving plates, then drizzle each with additional sauce.

Per Serving (excluding unknown items): 73 Calories; trace Fat (3.5% calories from fat); 1g Protein; 19g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 827mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 0 Fat; 1/2 Other Carbohydrates.

Chicken, Grilled

Per Serving Nutritional Analysis

Calories (kcal):	73	Vitamin B6 (mg):	.3mg
% Calories from Fat:	3.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	91.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	4.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	trace	Folacin (mcg):	13mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refused:	n.n%
Carbohydrate (g):	19g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	827mg	Vegetable:	0
Potassium (mg):	323mg	Fruit:	1/2
Calcium (mg):	10mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	1/2
Vitamin C (mg):	9mg		
Vitamin A (i.u.):	341IU		
Vitamin A (r.e.):	34RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 73 **Calories from Fat:** 3

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	827mg	34%
Total Carbohydrates	19g	6%
Dietary Fiber	2g	6%
Protein	1g	
Vitamin A		7%
Vitamin C		14%
Calcium		1%
Iron		2%

* Percent Daily Values are based on a 2000 calorie diet.