

Lime Chicken Kebabs with Mango Salsa

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Servings: 4

Preparation Time: 20 minutes

Grill Time: 10 minutes

2 limes

1 1/2 cups mango, diced

1/4 cup red bell pepper, diced

2 scallions, diced

2 tablespoons cilantro, chopped

1/2 teaspoon ground ginger

1 teaspoon salt

1/2 teaspoon black pepper

3 tablespoons olive oil

6 boneless/ skinless chicken thighs, cut into 1 1/2-inch pieces

1 red onion, cut into wedges

2 orange bell peppers, cut into wedges

Preheat the grill.

Squeeze the juice from one lime. Cut the other lime into wedges.

In a bowl, mix the mango, red bell pepper, scallions, cilantro, ginger, 1/2 teaspoon of salt, 1/4 teaspoon of black pepper and 1/2 tablespoon of lime juice. Refrigerate.

In a large bowl, stir one tablespoon of lime juice, 1/2 teaspoon salt, 1/4 teaspoon pepper and the olive oil. Add the chicken and marinate for 10 minutes.

Alternate the chicken and vegetables on skewers. Grill over medium for 10 minutes or until the chicken is cooked through (165 degrees).

Serve with the salsa and lime wedges.

Per Serving (excluding unknown items): 164 Calories; 11g Fat (53.1% calories from fat); 1g Protein; 19g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 540mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1 Fruit; 2 Fat.