
Prosciutto-Wrapped Chicken Kabobs

Summer Cookout Cookbook

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TIPS and TRICKS

****** *If you are using wooden skewers, soak them in water for 20 minutes before grilling to prevent scorching.*

****** *To ensure even cooking, cut your meat into similar-size pieces.*

****** *Don't overcrowd your skewers with too many ingredients - you need room for heat circulation.*

2 pounds chicken breasts, cut into 1-1/2-inch pieces

1 tablespoon olive oil

1 tablespoon red wine vinegar

1 teaspoon chopped rosemary

1 clove garlic, minced

salt

red pepper flakes

sliced prosciutto

fontina cheese cubes

grape tomatoes

In a bowl, toss the chicken with the olive oil, vinegar, rosemary and garlic. Season with salt and red pepper flakes.

Wrap a slice of prosciutto around each piece of chicken along with a cube of Fontina cheese.

Thread onto skewers along with grape tomatoes.

Grill on oiled grates over medium-high heat for 10 minutes, covered, turning.

Chicken, Grilled

Per Serving (excluding unknown items): 1375 Calories; 81g Fat (54.2% calories from fat); 152g Protein; 2g Carbohydrate; trace Dietary Fiber; 465mg Cholesterol; 458mg Sodium. Exchanges: 22 Lean Meat; 0 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.