

Dijon Chicken Kebabs

Time for grilling is upon us!

- 1 lb. small red potatoes - halved
- 3 Tbsp. honey
- 2 Tbsp. Dijon mustard
- 1 Tbsp. fresh lemon juice
- 1/2 tsp. dried thyme
- 1/4 tsp. ground black pepper
- 1 lb. skinless, boneless chicken breasts cut into 32 pieces
- 16 lge. mushrooms, stems removed
- 16 cherry tomatoes

Preheat grill to medium heat.

When ready to cook, spray the rack, off the grill, with non-stick cooking spray. In a large pot of boiling water, cook the potatoes for 10 minutes to blanch. Drain.

In a small bowl, combine honey, mustard, lemon juice, thyme and pepper. Add the chicken and mushrooms, tossing to coat well.

Alternately, thread the chicken, mushrooms, tomatoes, and potatoes onto 8 skewers. Grill the kebabs, covered, turning occasionally, for 8 minutes or until chicken is cooked through. Divide the skewers among 4 plates and serve.

Per serving: 305 calories, .4 gram saturated fat, 2 grams total fat, 31 grams protein, 40 grams carbohydrate, 270 mg sodium.