



Chicken Kebabs & Watermelon Salsa

Prep time: 20 min

Cook Time: 20 min

Serves: 4

NUTRITION FACTS, PER SERVING:

311 calories

95 calories from fat

232 mg sodium



INGREDIENTS: **** Items not included in kit**

- 1.5 lbs. chicken cubes
- 8 ounces mushrooms (clean before use)
- 1 red onion, quartered
- 1 red bell pepper, quartered
- 8 wooden skewers
- Salt & pepper, to taste**
- Drizzle of olive oil**

Watermelon Salsa:

- 4 cups cubed watermelon
- 4 green onions, thinly sliced
- 2 TB cilantro, chopped
- 1 tsp fresh ginger (peeled and grated)
- 1/2 lime juiced
- 1 jalapeno pepper, seeded and minced

DIRECTIONS:

1. Preheat broiler to high or preheat grill depending on your cooking method. Soak **skewers** in water for 10 minutes.
2. Prep Produce: Remove any debris from the **mushrooms** with a damp paper towel. Quarter **bell peppers & red onion** and cut into 2 inch square sections. Cut **watermelon** into wedges and cube to make 4 cups. Slice **green onions** to make 2TB. Rinse and chop **cilantro leaves** to make 1 TB. Peel **ginger** and grate or finely dice. Mince **jalapeno** **Removing the white ribs and seeds reduces the heat level. Use caution when handling hot peppers and avoid touching your eyes/face afterwards.**
2. Watermelon Salsa: In a large bowl, combine **watermelon, sliced green onions, chopped cilantro, grated fresh ginger, lime juice (1/2 lime), 1/8 tsp salt** and **minced jalapeno to taste**; cover and chill until ready to serve.
3. Thread the **chicken cubes, mushrooms, quartered red onions** and **quartered bell peppers** onto skewers and season lightly with a drizzle of **olive oil** and **salt & pepper, to taste.**
4. Cover broiler pan with cooking spray. Place skewers on pan and broil 12 minutes, turning occasionally, until chicken is cooked through **OR** cook on grill over medium high heat until chicken is cooked through.
5. Serve with **watermelon salsa.**

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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