

Farm Market Recipe



Mojito-Marinated Chicken Kebabs

Ingredients:

- ½ cup coarsely chopped fresh mint, plus more for garnish
- 3 tablespoons lime juice
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons white rum
- 2 teaspoons agave syrup
- ½ teaspoon salt, divided
- ¼ teaspoon ground pepper
- 1½ pounds boneless, skinless chicken breast, trimmed and cut into 1-inch pieces
- 2 medium red onions
- Lime wedges for serving

Directions:

1. Preheat grill to medium-high.
2. Combine mint, lime juice, oil, rum, agave, ¼ teaspoon salt and pepper in a mini food processor. Pulse until well incorporated, about 15 seconds. Reserve 2 tablespoons for serving; pour the rest into a medium bowl. Add chicken and toss to coat. Let stand for 10 minutes.
3. Cut onions into 1-inch rounds, then into quarters. Thread the onions and chicken onto separate skewers. (Save the leftover marinade.)
4. Grill the chicken for 8 minutes. Turn and brush with the leftover marinade and grill until an instant-read thermometer inserted into the thickest part registers 165 degrees F, about 8 minutes more. Grill the onions, turning occasionally, until slightly charred, about 4 minutes per side.
5. Sprinkle the chicken and onions with the remaining ¼ teaspoon salt and drizzle with the reserved 2 tablespoons marinade. Serve with lime wedges and more mint, if desired.

Nutrition Facts:

Servings: 4 Serving Size: 1½ cups

Per Serving: calories 324; protein 39g; carbohydrates 10g; dietary fiber 2g; sugars 5g; total fat 12g; saturated fat 2g; cholesterol 124mg; vitamin A 526IU; vitamin C 10mg; folate 40 mcg; sodium 373mg; calcium 46mg; iron 2mg; magnesium 62mg; potassium 716mg.

Recipe from eatingwell.com