

Grilled Chicken Rainbow Kabobs with Pasta

(Makes 8 servings / 2 kabobs per serving)

Ingredients:

- ¼ pound chicken breast, boneless/skinless, raw
- ¼ bell pepper, red, whole
- ¼ bell pepper, green, whole
- ¼ bell pepper, yellow, whole
- 2 tablespoon salad dressing, Italian
- 1 ½ ounce pasta, shells, small, uncooked
- 3 apricot, fresh
- ¼ cup sorbet, fat-free fruit flavored

Directions:

- 1) Cut chicken into 1" cubes and place in shallow, long container.
- 2) Cut peppers into 1" cubes and add to container with chicken.
- 3) Brush with Italian dressing, cover and refrigerate for at least one hour, but overnight is fine.
- 4) Fifteen minutes before dinner, remove from refrigerator and skewer chicken and peppers.
- 5) Start grill or heat broiler and set pasta to cook according to package instructions.
- 6) Place kabobs on grill or on broiler pan sprayed with vegetable oil spray and cook about 10 minutes, turning 2 to 3 times.
- 7) Serve grilled chicken and veggies over pasta. Halve fresh apricots and remove pit; top with citrus fruit sorbet for dessert.

Nutritional Analysis: *(per serving / 2 kabobs)*

- Calories: 556.1
- Total Fat: 18.2 g
- Saturated Fat: 2.9 g
- Carbohydrates: 67.5 g
- Dietary Fiber: 5.7 g
- Cholesterol: 62.6 mg
- Sodium: 294.3 mg
- Sugars: 27.9 g
- Protein: 31.6 g
- Vitamin A: 4911.4 iu
- Vitamin C: 191.7 mg
- Calcium: 52.2 mg
- Iron: 3.8 mg

Dietician's Note:

This recipe serves one, but can be multiplied as necessary to serve others.

Source:

*Recipe developed and copyrighted by Kristine Napier, MPH, RD, LD
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