

# GREAT GRILLING

## Garlic And Olive Oil Kabobs Make Tasty Cookout Fare

(NAPSA)—Now that summer is in full swing, it's time to transform your traditional cookout menu into a truly tasty feast featuring lighter flavors for the grill.

Garlic and Olive Oil Chicken Kabobs string together succulent chicken with fingerling potatoes, summer squash and fresh red and orange bell peppers. Tangy soy sauce and a healthy dose of extra virgin olive oil, combined with grated gingerroot and minced garlic, offer a refreshing alternative to heavier barbecue marinades. Choose other summer garden vegetables or grilled meats for different taste sensations.

### Garlic And Olive Oil Chicken Kabobs

*Prep Time: 20 minutes*

*Cook Time: 8 minutes*

*Total Time: 28 minutes*

- 3 boneless, skinless chicken breasts, cut into 1½-2-inch pieces
- 12 fingerling potatoes
- ¼ large red bell pepper, seeded and cut into 4 pieces
- ¼ large orange bell pepper, seeded and cut into 4 pieces
- 4 slices (¾-inch) yellow squash or zucchini
- 3 cloves garlic, pressed or minced
- 1 tsp. grated gingerroot, optional
- ½ tsp. salt
- ½ tsp. coarse ground pepper
- 2 Tbsp. extra virgin olive oil
- 1 Tbsp. soy sauce
- 4 baby portobello (cremini) mushroom caps, optional
- Olive oil



**A light coating of olive oil can help bring out the flavor of grilled vegetables.**

Heat grill to medium direct heat. Meanwhile, in 1-quart microwave-safe casserole, combine potatoes and 2 Tbsp. water. Cover and microwave at High power for 1 minute; drain well. Combine chicken, potatoes, pepper chunks, squash, garlic, gingerroot, salt and pepper in large bowl; toss to coat evenly. Drizzle with olive oil and soy sauce; toss to coat. (If desired, refrigerate up to 4 hours, turning occasionally.) Add mushrooms; toss gently to coat with oil mixture.

Thread ingredients on 4 (16-inch) metal or wooden\* skewers. Place skewers on grill; grill covered 8 to 10 minutes or until chicken is thoroughly cooked, turning once. Brush with additional olive oil, if desired.

**Makes 4 servings.**

**\*Note:** If using wooden skewers, soak in water ½ hour before threading with chicken and vegetables.

For more recipes, and information about olive oil, visit [www.aboutoliveoil.org](http://www.aboutoliveoil.org).