



## *The Edible Garden*

Recipe featured at *Cooking for Kids* demonstration, August 25

### **Chicken Kebobs alla Dell'Amore**

By: Dr. Robert Dell'Amore, Chef/Founder, The Healthy Kitchen, Inc.

#### **Ingredients**

##### *for the chicken*

8 chicken thighs  
2 medium red onion  
2 large red peppers  
1 dry pint (10 ounces) cherry tomatoes  
1 large sprig fresh basil

##### *for the marinade*

3 tablespoons fresh lemon juice  
3 tablespoons olive oil  
3 tablespoons balsamic vinegar  
2 tablespoon fresh garlic, diced  
Black pepper to taste

#### **Instructions**

1. De-skin chicken thighs, removing all visible fat. Debone and fly thigh meat. Cut into 1 inch strips, about three strips per thigh.
2. Mix all marinade ingredients in a bowl. Allow chicken to rest in marinade for at least 30 minutes, up to 24 hours. The marinade can even be frozen, uncooked, in sealed plastic bag. It will keep for up to one month in the freezer.
3. Soak wooden skewers in water for at least 30 minutes or use metal skewers. Begin kebob assembly with one section of red onion, followed by cherry tomato, then basil leaf, then chicken strip. Pierce one end of chicken strip with skewer. Twist strip as you skewer middle and last 1/3 of strip. This allows meat to cook evenly and quickly. Repeat order so that each skewer holds three chicken strips with vegetable combination between.
4. Grill on hot grill or stove top in skillet, charring side in contact with heat surface. Turn so all sides cook evenly.