



Create A Delicious Meal From The Garden In Your Pantry

(NAPSA)—Looking to add some color to your dinner table? Decorate your plate with canned fruits and vegetables, which are packed with nutrition and provide garden quality all year long.

For your next family gathering, impress your guests with this Grilled Chicken & Peach Kabobs recipe. Perfect for indoor or outdoor entertaining, it's a tasty main dish that's filled with nutrition and ready to be enjoyed in minutes.

Grilled Chicken & Peach Kabobs

Prep Time: 15 min

Cook Time: 20 min

Serves: 4

Ingredients

- 2 Tbsp. Dijon mustard
- 3 Tbsp. canola oil, divided
- ½ tsp. dried rosemary
- Salt, to taste
- 1 pound boneless, skinless chicken breast halves, cut into 24 cubes (about 1-inch each)
- 1 green bell pepper, cut into 24 (1-inch) pieces
- 1 small red onion, cut into eight wedges, layers separated
- 2 cans (15.25 oz. each) *Del Monte® Lite Peach Halves*, drained and peaches cut in half
- 16 (10-inch) bamboo skewers

Directions

1. Whisk together mustard, 2 Tbsp. oil, rosemary and salt, if desired, in a medium bowl. Add the chicken and stir until well coated.

2. Use 2 skewers at a time to



Add a gardenlike feel to your next meal with these tasty kabobs, made with Del Monte peaches.

make turning food on grill pan easier. On each double-skewer, alternate 3 pieces each of chicken, bell peppers and onion and 2 pieces of peach.

3. Heat a grill pan over medium heat. Brush the grill with the remaining 1 Tbsp. oil, and cook the kabobs 4 minutes. Gently turn (if peaches stick to the grill, slide a spatula underneath to gently release). Cook 4 more minutes or until chicken is no longer pink inside.

4. Serve with cooked plain or flavored couscous, if desired.

NOTE: To boost the flavor of couscous, prepare with peach juice instead of water. Reserve juice when draining peaches into a glass measuring cup. If needed, add additional water to equal the total amount of liquid required, and prepare couscous according to package directions.

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