

Shish Kabobs: From The Campfire To Your Kitchen



A tangy marinade that has a sweet citrus flavor with a kick from chili peppers is great on pork, chicken, steak and shrimp.

(NAPSA)—Any way you skewer them, shish kabobs are a versatile dish whose name is derived from Turkish words for “skewered roasted meat.” Since they are easy to make, shish kabobs were a natural for nomadic tribes, but today the dish is considered savory fare by many cultures. With the availability of smokeless, indoor grills, you can even have a “campfire in your kitchen” whenever the mood strikes.

When preparing shish kabobs, marinating the meat helps keep it moist and adds flavor. Tangy Citrus Ginger Dressing, from Litehouse Foods, can be used as a marinade for pork, chicken, fish, steak and shrimp. The unique flavors of this marinade include soy sauce, orange, ginger, chili and peppers.

Try this flavorful chicken kabob recipe served on a bed of rice with a side salad topped with more Tangy Citrus Ginger Dressing.

Tangy Citrus Ginger Kabobs

- 2 boneless, skinless chicken breasts**
- 1 cup fresh pineapple,**

cubed (or 1 can pineapple chunks)

1 13-oz. jar Litehouse Tangy Citrus Ginger Dressing

Additions:

Mushrooms (halved)

Green or red peppers (cut in 1” chunks)

Onion (cut in 1” chunks)

Cherry tomatoes

Cut chicken breasts into 1-2” chunks. Put in zip lock bag and add enough Litehouse Tangy Citrus Ginger Dressing to cover ($\frac{1}{2}$ - $\frac{3}{4}$ cup). Close bag. Marinate $\frac{1}{2}$ hour.

Loosely thread chicken pieces on skewers. Alternate pieces of veggies and pineapple, using additional skewers. (Because the cooking time is longer for the chicken, the veggies tend to burn if combined on the same skewer.) Grill over medium heat 8-10 minutes. Baste with additional Litehouse Tangy Citrus Ginger Dressing. Check for doneness and grill a few minutes more if needed. Serves 2 main dishes.

For more recipes and tips, visit www.litehousefoods.com.