

Cilantro-Lime Garlic Chicken and Mango Kebabs

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- **Course:** Appetizer
- **Features:** Healthy, Grilling

Summary:

This simple recipe features a bold marinade that gets its flavor from fresh lime, cilantro and garlic. A touch of sweetness from a bit of honey helps balance out the other intense flavors. You could even add a little jalapeno pepper to the marinade for more heat.

If it's still a bit too early to find peaches at your local grocery store, try pineapple or nectarine, both delicious on the grill.

Serve with brown rice or a fresh salad.

MAKE AHEAD: You'll need to soak 12-inch wooden/bamboo skewers in water for 1 hour. The chicken needs to marinate for 20 to 30 minutes.

4 servings

Ingredients:

For the marinade and chicken

- 1 cup chopped cilantro (leaves and tender stems)
- 2 tablespoons canola oil
- 4 large cloves garlic, chopped
- Juice of 1 lime
- 1 1/2 teaspoons honey
- 1/4 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- 1 pound boneless, skinless chicken breast halves

For the kebabs

- 1/2 large red onion
- 1 large red bell pepper
- 1 firm peach, pitted (may substitute a nectarine or pineapple chunks)
- Flesh of 1 champagne (Ataulfo) mango

Directions:

For the marinade and chicken: Combine the cilantro, oil, garlic, lime juice, honey, sea salt and pepper in the bowl of a food processor; puree to form a smooth marinade. Transfer 1/4 cup to a large zip-top bag and pour the rest of the marinade into a small bowl.

Cut the chicken into bite-size chunks and add to the bag. Seal the bag and massage to coat the chicken. Refrigerate for 20 to 30 minutes.

Prepare the grill for direct heat. If using a gas grill, preheat to medium-low (325 degrees). If using a charcoal grill, light the charcoal; when the coals are ready, distribute them evenly under the cooking area. For a medium-hot fire, you should be able to hold your hand about 6 inches above the coals for 8 to 10 seconds. Use cooking oil spray to grease the grill grate (off the heat).

Meanwhile, make the kebabs: Cut the red onion into 4 equal sections, then separate the layers a bit. Stem and seed the bell pepper, then cut it into bite-size pieces. Cut the peach and mango into bite-size chunks.

Fill the skewers by alternating layers of red onion, peaches, the marinated chicken, bell pepper and mango. Brush them with the remaining marinade. Transfer the skewers to the grill, close the lid and cook for 6 to 8 minutes, then turn the skewers over, close the lid and cook for 6 to 8 minutes or until the chicken is cooked through and the fruits and vegetables are slightly softened.

Serve hot.

Recipe Source:

From Elaine Gordon, a master certified health education specialist and creator of EatingbyElaine.com.

260 calories, 9g fat, 1g saturated fat, 65mg cholesterol, 210mg sodium, 20g carbohydrates, 3g dietary fiber, 15g sugar, 28g protein.

Tested by Kendra Nichols for The Washington Post.

E-mail the Food Section at food@washpost.com with recipe questions.

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