



RECIPE ADVENTURE!



KABOBS & HUMMUS

SHISH KABOBS

The following recipe is meant to be prepared by an adult. Children should help ONLY under close supervision.

INGREDIENTS:

Marinade

2 tablespoons lemon juice
2 cloves chopped garlic
2 teaspoons balsamic vinegar

1 1/2 teaspoons fresh
chopped rosemary
2 tablespoons olive oil
1 tablespoon honey
1/2 teaspoon salt
1/4 teaspoon pepper

Kabobs

1 pound skinless,
boneless chicken breast
1 yellow bell pepper

1 orange bell pepper
1 medium red onion
1 zucchini
2 tablespoons cooking oil

or create a kabob with your own favorite meats and vegetables

FOR THE MARINADE:

Combine all 8 marinade ingredients in a medium-sized bowl and whisk together thoroughly.

PREPARE YOUR MEAT:

Cut your chicken into one and a half inch cubes and add to prepared marinade. Cover and refrigerate for 2 hours. Remove from refrigerator.

While the chicken marinates, cube your veggies. Cut the onion in half and then cut each half into quarters. Clean the peppers of its seeds and cut into one and a half inch squares. Trim the zucchini and cut into one inch slices.

BUILD YOUR KABOBS:

Wooden skewers should be soaked in water for 15 minutes before use. Carefully slide each piece of food onto your skewer so that each piece gently touches the next. Kabobs take longer to cook if packed too tight. Alternate onions and peppers with

the chicken and zucchini to help flavor your meat while cooking.

GRILL:

Heat grill to medium high for 10 minutes. Carefully brush oil onto the heated grill. Place shish kabobs across the hottest part of grill. After 3 minutes rotate one quarter using tongs to protect your hands. Repeat on all sides. Move your kabob to a cooler part of the grill until the meat is fully cooked. Remove from grill and let rest 5 minutes before serving.

Remove skewers before serving to kids.

Be sure that meat is fully cooked before serving.

Serve with grilled pita and hummus and ENJOY!

(Makes 3-4 servings)

DID YOU KNOW? Starting your kabobs on high heat will create crisp grill marks and seal in the flavor. YUM!



HUMMUS

INGREDIENTS:

2 (15 ounce) cans
drained chickpeas
(aka garbanzo beans)
3 cloves garlic, crushed
3/4 cup tahini paste

1 lemon, juice only
1/4 cup of olive oil
1 teaspoon ground cumin
1 teaspoon salt
1 teaspoon paprika

PREPARATION: Combine all ingredients in a food processor and blend until smooth. Garnish with paprika. That's it!

On



For A Limited Time

