

# Cilantro-Lime Garlic Chicken and Mango Kebabs

Serves 4

## Chicken Marinade

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

## The Kebabs

1/2 large	red onion
1 large	red bell pepper
8	cherry tomatoes
1	mango

**Prepare ahead:** Soak the skewers ahead of time for 1 hour if using wooden skewers.

### For the marinade and chicken:

Combine the cilantro, oil, garlic, lime juice, honey, salt and pepper. Blenderize until smooth. Transfer 1/4 cup to a large Ziploc 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.

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Prepare the grill for direct heat.

**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 mango into bite-size chunks.

Fill the skewers by alternating layers of red onion, the marinated chicken, bell pepper, tomatoe and mango. Brush 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.

Adapted from: Lindsey for the Washington Post - Tableware from Crate and Barrel

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