



HOME CHEF

Chicken Pesto Skewers

With Chicken Thighs, Kale-Mozzarella Salad, and
Lemon-Champagne Vinaigrette



In this dish, skewers get an upgrade from outdoor finger food to a hearty salad topper. Chicken thighs and veggies are skewered and roasted in herby basil pesto. They're placed atop a bed of baby kale alongside heavenly fresh mozzarella pearls and a light and tasty lemon-champagne vinaigrette for one heck of a salad!

OVERVIEW



TIME TO PREPARE



EASY RECIPE



MILD



DAYS BEST COOKED BY

NUTRITION

Calories: 969
Carbohydrates: 25g
Fat: 71g
Protein: 70g
Sodium: 935mg
per serving

DIETARY



LOW CARB



GLUTEN-FREE

DRINK PAIRING

Grab a lighter Shiraz or a cold IPA to complement this tasty, healthy meal.

INGREDIENTS

1 Garlic Clove
9 Cherry Tomatoes
1 Lemon
1 Yellow Bell Pepper
1 Shallot
4 Chicken Thighs
6 Wooden Skewers
2 oz. Pesto
1 Tbsp. Champagne Vinegar
3 oz. Baby Kale
2 oz. Fresh Mozzarella Pearls

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Baking Sheet
Small Bowl

DID YOU KNOW?

Pesto means pounded or crushed, which refers to the traditional method of preparation where basil, oil, garlic, pine nuts, and cheese were combined by pounding in a marble mortar with a wooden pestle.



Prepare the Ingredients

Turn on broiler. Place broiler rack to very top position. Prepare a baking sheet with foil. Thoroughly rinse produce and pat dry. Mince **garlic**. Halve **cherry tomatoes**. Halve **lemon**. Stem, seed, and dice **yellow bell pepper** into 1" pieces. Peel and mince **shallot**. Rinse **chicken thighs** and pat dry. On a separate cutting board, slice thighs into 18 ¾"-wide strips.

Assemble the Skewers

Fold a **chicken strip** in half and thread onto **skewer**, followed by **tomato half**, and a **piece of pepper**. Repeat process twice, resulting in 3 pieces of each on the skewer. Repeat with remaining skewers. (Any extra tomatoes and bell pepper can be tossed with the salad.) Place assembled skewers on prepared baking sheet. Season with a pinch of **salt and pepper**. *Wash hands and cutting board thoroughly after handling raw chicken.*

Cook the Skewers

Divide pesto in half. Brush **skewers** with half the **pesto** and fold foil over exposed ends of skewers to prevent burning. Wash your brush. Place prepared skewers in broiler and cook 6 minutes. Remove from broiler, turn skewers over, and brush again with remaining pesto on all sides. Return to broiler and cook 6-8 minutes, or until chicken reaches a minimum internal temperature of 165 degrees. *Discard remaining pesto, as it has been in contact with raw chicken and should not be served.*

Make the Dressing

In a small bowl, combine **garlic**, **champagne vinegar**, **shallot** (to taste), juice of half the **lemon**, 2 tsp. **olive oil**, and **salt and pepper** to taste. Mix well and set aside.

Plate the Dish

Divide **baby kale** between 2 plates and evenly distribute **fresh mozzarella** and any remaining **peppers** or **tomatoes** on top of kale. Nestle 3 **skewers** atop the salad. Drizzle **champagne vinaigrette** over salad and garnish with remaining **lemon**.