



COOKS ON MAIN

for the everyday chef

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Turmeric Chicken Skewers with Tangy Slaw

makes 6 kabobs

Enjoy these colorful chicken kabobs for a healthy meal al fresco! The turmeric in the marinade imbues the chicken with a golden hue and plenty of flavor. Chicken tenders skewer easily, and grill quickly. We paired these tasty chicken skewers with a fresh cabbage slaw that has just a touch of spice. The tangy slaw nicely complements the chicken on the color wheel, on the plate, and on the palate!

Ingredients:

12 chicken tenders

Marinade Ingredients:

3 tablespoons olive oil

Juice and zest of 1 lime

Juice and zest of 1 lemon

2 cloves garlic, minced

1/2 jalapeño, seeded and finely minced

1 tablespoon dried oregano

1 teaspoon kosher salt

1/2 teaspoon black pepper

1 teaspoon turmeric powder

1/4 teaspoon crushed red pepper flakes

Tangy Slaw Ingredients:

1/2 small red cabbage, thinly sliced with a handheld mandoline

1/4 red onion, thinly sliced with a handheld mandoline

1 cup shredded carrots

Slaw Dressing: *(blend together with food processor)*

5 green onions

1/2 cup cilantro leaves

2 tablespoons red wine vinegar

1/2 jalapeño, with seeds

2 tablespoons mayonnaise

1/4 cup olive oil

salt and pepper

Directions:

1. Whisk the marinade ingredients together in a small bowl.

2. Place the chicken tenders in a large resealable plastic bag. Pour the marinade into the bag, remove the excess air and seal closed. Place the sealed bag into a clean bowl, (just in case it leaks), and refrigerate for 30 minutes - 1 hour.

3. When ready to prepare the chicken, skewer on 2 tenders per metal skewer or soaked wooden skewer. If using wooden skewers soak for at least 30 minutes before skewering and grilling.

4. After the chicken is marinated - fire up the grill! When using a gas grill, prepare half of the grill with high heat while keeping the other half on low heat -- that is, use a direct/indirect set-up. Add the chicken to the cooler side of the well-oiled grill and close the lid. After 4-5 minutes, turn once and cook an additional 4-5 minutes. Continue to grill and flip, as needed, until thickest part of the thigh reaches 160 degrees F. After removing the chicken from the grill, the heat will continue to rise until it hits the food-safe temperature of 165 degrees F.

5. Meanwhile, prepare the tangy slaw. Mix the slaw vegetables with the dressing. Cover and refrigerate for at least 30 minutes to allow flavors to meld.

5. Serve grilled chicken skewers on a bed of tangy slaw.