

Grilled Chicken & Peach Kabobs



Pan-grilled peaches create an addictively sweet and savory dinner to enjoy any time of year.

Serves 4

Prep time 15 min.

Cook time 20 min.

Ingredients

2 Tbsps. Dijon mustard

3 Tbsps. canola oil, divided

½ tsp. dried rosemary

1 lb. boneless, skinless chicken breast halves, cut into 24 (1-inch) cubes

1 green bell pepper, cut into 24 (1-inch) pieces

1 small red onion, cut into eight wedges, layers separated

2 can (15oz.each) [Del Monte® Lite Peach Halves](#), drained and peaches cut in half

16 10 inch bamboo skewers

salt, **optional**

Directions

1. Whisk together mustard, 2 Tbsp. oil, rosemary and salt, if desired, in a medium bowl. Add chicken and stir until well coated.
2. Use 2 skewers at a time to make turning food on grill pan easier. On each double-skewer, alternate 3 pieces each of chicken, bell peppers and onion and 2 pieces of peach.
3. Heat a grill pan over medium heat. Brush grill with remaining 1 Tbsp. oil, and cook kabobs 4 minutes. Gently turn (if peaches stick to the grill, slide a spatula underneath to gently release). Cook 4 minutes longer or until chicken is no longer pink inside.
4. Serve with cooked plain or flavored couscous, if desired.

NOTE: To boost flavor of couscous, prepare with peach syrup instead of water. Reserve syrup into a glass measuring cup when draining peaches. If needed, add any additional water to equal the total amount of liquid required, and prepare according to couscous package directions.