



## **Lemon-Rosemary Chicken Brochettes**

**Serves 4**

1/4 cup fresh lemon juice  
1/4 cup olive oil  
1 tablespoon chopped fresh rosemary leaves  
2 cloves garlic, minced  
salt to taste  
freshly ground black pepper  
4 boneless, skinless chicken breasts, cut into 2-inch pieces  
8 pearl onions, unpeeled  
2 small yellow summer squash, cut into 1-inch pieces  
2 small zucchini, cut into 1-inch pieces 8 cherry tomatoes  
12 bamboo (soaked in water) or metal skewers

1. To make the marinade, combine the lemon juice, olive oil, rosemary, garlic, salt and pepper in a small bowl.
2. Place the chicken in a separate bowl, toss it with half of the marinade and refrigerate for at least 30 minutes or overnight.
3. Bring a saucepan of water to a boil, add the onions and cook for 5 minutes. Drain the onions, rinse them under cold water and peel.
4. Add the onions, summer squash and zucchini to the remaining marinade and set aside at room temperature for a few minutes or refrigerate overnight. (This can be done in advance and refrigerated for up to 2 days.)
5. Preheat the grill to medium-high. 6. Thread the chicken and vegetables, including the cherry tomatoes, onto the skewers. Grill the brochettes on each side until the chicken is cooked through and the vegetables are tender, about 4 to 6 minutes per side.

### **Nutritional Analysis**

Serving Size: 2 brochettes

Calories	315
Total Fat	9g
Saturated Fat	2g
Sodium	244mg
Dietary Fiber	3g
Carbohydrates	15g
Protein	42g