



SWEET AND SOUR CITRUS CHICKEN SKEWERS WITH SMOKY GRILLED SLAW

(courtesy of Janice Elder - Charlotte, NC)

1 garlic clove, minced	wedges
Juice and grated zest of 1 large lime	cup shredded carrots
Juice and grated zest of 1 large lemon	1/4 cup white vinegar
1/3 cup McLure's Honey	1/4 cup McLure's honey
2 tbsp Dijon mustard	tbsp mayonnaise
1 tsp salt	1 tsp each salt and freshly ground black pepper
1/2 tsp freshly ground black pepper	1 large sweet onion, cut into chunks
1/2 cup olive oil	1 large red bell pepper, cut into chunks
4 boneless, skinless split chicken breasts (about 1-1/2 - 2 lbs), cut into 1-inch pieces	16 chunks fresh pineapple
1 medium head green cabbage, cut into 6	Flat leaf parsley and additional lime and lemon slices, as desired

Preheat grill and lightly coat with oil or cooking spray.

In a mixing bowl whisk together the garlic, juices (reserve zests for later use), 1/3 cup honey, mustard, 1 tsp salt and 1/2 tsp pepper, blending well. Slowly whisk in the olive oil. Divide the mixture into thirds; reserve one portion for basting and one for drizzling, then add the chicken to bowl with the remaining portion and turn to coat. Let marinate while preparing cole slaw.

Place the cabbage wedges on the grill 4 to 6 inches from heat source; cook for 3 mins on each of the 3 sides. Remove from the grill; cut out and discard cores, then coarsely chop the cabbage. In a large mixing bowl, toss the cabbage with the carrots. Whisk together white vinegar, 1/4 cup honey, mayonnaise, and 1 tsp each salt and pepper; add to the coleslaw mixture and toss to coat well. Reserve.

Remove chicken from marinade, discarding marinade. Thread chicken pieces on 4 large skewers, alternating with onion, bell pepper and pineapple. Place filled skewers on prepared grill 4 to 6 inches from heat source. Cook for 10 to 14 mins or until chicken is no longer pink inside, turning at least once during cooking and basting with the reserved portion set aside for that purpose.

To serve, using a slotted spoon place coleslaw on a serving platter. Arrange skewers over and drizzle lightly with remaining reserved sauce. Sprinkle with lemon and lime zests and garnish with parsley, lime and lemon slices, as desired.

Makes 4

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