



For Kids! Marinated Grilled Chicken Chunks with Corn

~ choose one side item to complete your meal

Marinated Grilled Chicken Chunks

6 servings

1-1/2 lb	Chicken breast, boneless and skinless, cut into kid-size chunks
3 Tbsp	Honey
3 Tbsp	Prepared mustard
1 tsp	Curry powder
1 tsp	Lemon juice

* **Boneless Skinless Chicken Breast is on sale this week.**

Preheat oven broiler or outdoor grill. In small saucepan, combine honey, mustard, curry powder and lemon juice. Heat sauce to medium high for 5 minutes while stirring. Remove from heat. Arrange chicken chunks on skewers and brush with sauce. Cook chicken for 8-10 min. or until lightly browned. Turn over, brush with more sauce and cook 8-10 min. longer.



Recipe Nutrition per serving

170 calories; 26 gm protein; 9 gm carbohydrate; 3 gm total fat; 1 gm saturated fat; 67 mg cholesterol; 0 gm fiber; 141 mg sodium

To Make Corn: Cook frozen corn according to package directions. Dust with salt and pepper to taste. Add a little butter or margarine if desired.

Side Items:

1. **Steamed Fresh Cabbage (red or green)** – Affordable, staple ingredient: Fresh cabbage

To Make: Wash cabbage. Cut cabbage into 2 “ length pieces and place in a saucepan. Add 1/4 - 1/2 cup water and cover. Cook on medium heat until cabbage is fork-tender. Drain water and dust with salt & pepper to taste.

2. **Onion Flavored Green Beans or Broccoli** – Affordable, staple ingredient: LFS Frozen Green Beans or LFS Frozen Broccoli Cuts

To Make: Chop up 1/2 small onion for topping. Cook frozen green beans or broccoli according to package directions. Drain water. Add onions to the top. Dust with salt and pepper to taste.

3. **Orangey Carrots** – Affordable, staple ingredient: Fresh carrots

To Make: Peel and wash carrots. Cut each carrot into coin-shaped pieces, about 1/2 “ wide. Place in a saucepan and cover with water. Cook on medium high until carrots are fork-tender. Drain water. Add 1/4 cup orange juice and/or 1 tsp orange zest and stir.