



Studio 5  
Friday, June 22, 2007

## “Grilled Basil Mustard Chicken Kabobs”

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Dairy Farmers of Utah

### Ingredients:

- 1 1/2 pounds boneless skinless chicken breast
- 3/4 cup 1% buttermilk
- 1/3 cup plain, low-fat yogurt
- 1/4 cup honey
- 3 tablespoons course ground Dijon-style mustard
- 2 tablespoons chopped fresh basil
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper

### Method:

Cut chicken into cubes and place on 4-6 skewers. Place prepared skewers in marinade dish or carefully place in plastic sealable bag.

Combine buttermilk, yogurt, honey, mustard, basil, salt and pepper. Mix well. Remove 1/4 cup marinade, place in a clean bowl, cover and refrigerate. Place remaining marinade on prepared chicken. Cover, refrigerate several hours or overnight. Turn kabobs occasionally during marinating.

Preheat grill or coals to medium-hot. Remove chicken from marinade; discard marinade. Place kabobs on grill. Turning frequently, grill kabobs approximately 8-10 minutes or until chicken is cooked thoroughly. Baste chicken with reserved fresh marinade 2-3 times during grilling process. Serve immediately.

### Notes:

Since 1939, June has been designated as the time to celebrate America’s great bounty of dairy products and to pay tribute to America’s dairy farmers. This recipe is an adaptation from “Celebrate June Dairy Month” by American Dairy Association. Recipe serves 4

For variation and color, try alternating cubes of chicken with chunks of fresh vegetables – peppers, mushrooms, onions, etc.

Kabobs may be broiled. Spray rack of broiler pan with non-stick spray. Place kabobs on broiler rack. Broil 4-5 inches from heat for 5-8 minutes on each side or until chicken is cooked thoroughly. Brush fresh reserved marinade on chicken during broiling process.

For nutrition analysis go to [www.UtahDairyCouncil.com](http://www.UtahDairyCouncil.com)

Nutrition Facts	
Serving Size 1/4	
Servings Per Container 4	
Amount Per Serving	
Calories 300	Calories from Fat 35
% Daily Value*	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 1g	<b>6%</b>
<b>Cholesterol</b> 105mg	<b>34%</b>
<b>Sodium</b> 750mg	<b>31%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 20g	
<b>Protein</b> 43g	
Vitamin A 2%	Vitamin C 4%
Calcium 15%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	