

Spicy Garlic Chicken Kabobs

2 whole (1 lb.) chicken breasts, boned and skinned

½ lb. zucchini, halved lengthwise then thickly sliced

½ lb. yellow squash, chunked

1 tomato, large, seeds drained, diced (8 oz.)

½ cup Natural California pistachios, coarsely chopped

2 teaspoons vegetable oil

Spicy garlic baste (recipe follows)

Cooling Yogurt Mint Sauce (recipe follows)

Cube chicken and thread on skewers (note: if using bamboo skewers, soak in water for 15 minutes prior to threading). Brush with Spicy Garlic Baste until well coated. Barbecue over medium-hot coals or broil 3 inches from heat for about 8 minutes, or until done. (Do not overcook). Turn and brush with marinade about halfway through. Meanwhile, heat oil in skillet over high heat. Add zucchini and squash, stir-frying until tender-crisp, about 2 minutes. Reduce heat, add tomato, pistachios and remaining garlic baste. Stir-cook until hot and tender, about 2 more minutes. Turn onto platter and lay skewers on top. Serve with Cooling Yogurt Mint Sauce.

Spicy Garlic Baste:

Combine 6 teaspoons minced garlic with ½ to 1 teaspoon bottled red pepper flakes and 1/2 cup bottled fat-free vinaigrette or Italian dressing.

Cooling Yogurt Mint Sauce:

Combine 1 cup nonfat plain yogurt, ½ teaspoon grated lime peel and 1 tablespoon finely chopped fresh mint. Makes 1 cup.

Serves 4