

## MAY NEWSLETTER

Memorial Day and the summer grilling season are just around the corner. Grilling is a healthy and easy way to prepare food. But are you tired of plain chicken breasts on the grill? This recipe for Southwestern Skewers adds a zesty kick to chicken and also incorporates more vegetables in your diet. Serve it with the Southwestern Rice and you will have a great menu for entertaining this holiday weekend.

### SOUTHWESTERN SKEWERS

8-ounces of Wishbone's Just 2 Good Italian salad dressing  
10 garlic cloves, minced  
1 tsp. pepper  
1 tsp. chili powder  
1 tsp. ground cumin  
1 tsp. paprika  
½ tsp. cayenne pepper  
1 medium yellow pepper, cut in 1-inch pieces  
1 small zucchini, cut in 1-inch pieces  
1 medium red onion, cut in 1-inch pieces  
8 large fresh mushrooms  
8 cherry tomatoes  
1 pound boneless skinless chicken breasts, cut into 1-inch cubes

In a bowl, combine the first 7 ingredients; mix well. Pour half into a large resealable plastic bag; add vegetables. Seal bag and turn to coat. Pour remaining marinade into another large resealable plastic bag; add chicken. Seal bag and turn to coat. Refrigerate both bags for 2-3 hours. Coat grill rack with nonstick cooking spray before starting the grill. Drain both chicken and vegetables and alternately thread chicken and vegetables on skewers. Grill, covered, over medium coals 5 minutes on each side or until chicken is no longer pink. Baste frequently with reserved marinade that has been brought to a boil before basting. 4 servings.

### SOUTHWESTERN RICE

1 medium green pepper, diced	1 medium onion, chopped
2 garlic cloves, minced	1 Tbsp. olive oil
14 ½ oz. can chicken broth	1 cup uncooked long grain rice
½ tsp. ground cumin	1/8 tsp. ground turmeric
15-oz. can black beans, rinsed and drained	10-oz. can diced tomatoes and green chilies
10-oz package frozen corn, thawed	

In a large nonstick skillet, sauté green pepper, onion and garlic in oil for 3 minutes. Stir in broth, rice, cumin and turmeric; bring to a boil. Reduce heat. Cover and simmer for 15 minutes. Add beans, tomatoes and corn. Heat through. Serves 8.

