



## Grilled Chicken (or Steak) Kabobs

### Ingredients

- 1 pound boneless skinless chicken breasts (or steak) cut into 1 inch pieces
- 1/4 cup olive oil
- 1/3 cup soy sauce
- 1/4 cup honey
- 1 teaspoon minced garlic
- salt and pepper to taste
- 1 red and yellow bell pepper, 2 small zucchini and 1 red onion cut into 1 inch pieces
- 1 tablespoon chopped parsley

### Directions

- Place the olive oil, soy sauce, honey, garlic and salt and pepper in a large bowl, whisk to combine.
- Add the meat & veggies to the bowl. Toss to coat in the marinade.
- Cover and refrigerate for at least 1 hour.
- Soak wooden skewers in cold water for at least 30 minutes. Preheat grill or grill pan to medium high heat.
- Thread the meat and vegetables onto the skewers.
- Cook for 5-7 minutes on each side or until chicken is cooked through.
- Sprinkle with parsley and serve.

## SUMMERTIME DINNER SOLUTIONS

By: Jessica Gust, MS, RDN

When it is HOT outside, the last thing you want to do is turn on the oven or stove and add extra heat to your home. However, many of the great protein-rich dinners we make, require heat.

**Here are a few of my favorite ways to cook warm meals the whole family will enjoy in the summer without warming up the home.**

- **Use a grill:** If an outdoor grill is an option, use it! That keeps the heat outside and not in your home. I love making kabobs in the summer (see recipe to the left). They are also a fun way to encourage children to eat veggies in a new way.
- **Use a slow cooker:** These are also amazing tools for busy days because you can set it and forget it. I love cooking chicken breast (in a little broth) in the slow cooker and then using it for meals throughout the week. Cooking plain chicken is great for children because you can customize what you use it for--great for picky eaters.
  - **Here are some ways I use slow-cooker chicken:**
    - Add to salad or sandwiches
    - Use for quesadillas
    - Refrigerate and then make chicken salad
    - Use for wraps
- **Serve traditionally warm foods cold:** many canned foods such as corn and beans can be eaten cold. Give them a good rinse under water first to reduce the sodium. Canned beans mixed with corn, salsa, and diced cheese make a great dip or salad topper.
- **Pre-cooked or pre-made meals:** buy some pre-made or pre-cooked proteins (like chicken, beef, pork etc.) These are precooked before they are packaged so all you have to do is warm them up. This reduces the time you have to have the "heat" on in your home. You can also pre-make meals during the cool months & freeze.