

In recognition of Heart and Stroke Prevention Month, the Camrose Primary Care Network would like to offer you some heart healthy recipes—approved by the Camrose PCN dietitian! Each recipe is named after one of our 2011/12 Board of Directors in recognition of their dedication and support of healthy lifestyle prevention initiatives in our community. Happy Cooking!



## **Dr. Groenewald's Chicken Kabobs with Peach Salsa**

Makes 4 servings Developed by Nadine Day, RD. ©The Heart and Stroke Foundation

Dinner on a stick! The peach salsa is a creative way to have fruit for dinner.

### **Ingredients**

- 4 long wooden skewers

#### *Salsa*

- 4 medium peaches, chopped small
- 125 mL (1/2 cup) cucumber, diced
- 3 mint leaves, finely chopped
- 2 mL (1/2 tsp) raspberry vinegar
- 5 mL (1 tsp) finely chopped red onion (optional)

#### *Kabob*

- 3 boneless, skinless chicken breasts (300 g/10 oz), cut into large chunks to fit on skewer
- 15 ml (1 tbsp) balsamic vinegar
- 5 mL (1 tsp) sugar
- 5 mL (1 tsp) olive oil
- 1 large yellow or orange pepper, diced



### **Directions**

1. Soak skewers in water (this prevents burning). Set aside.
2. Mix all ingredients for the salsa in a bowl and set aside. This can be done a day in advance. Store in the fridge.
3. Preheat the barbeque to medium heat.
4. Place the chicken chunks, vinegar, sugar and oil in a bowl and toss to coat.
5. Alternate spearing chicken chunks and pepper with the skewer. Make 4 skewers.
6. Cook on the barbecue for 10 to 15 minutes, turning once, or until chicken is no longer pink inside.
7. Serve with 125 mL (1/2 cup) salsa.

### **Nutritional information per serving**

Calories: 158 ♦ Protein: 18 g ♦ Fat: 2 g ♦ Saturated fat: 0 g ♦ Dietary cholesterol: 44 mg ♦  
Carbohydrate: 16 g ♦ Dietary fibre: 2 g ♦ Sodium: 41 mg ♦ Potassium: 525 mg



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