

## **Dijon-Dill Kebabs**

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Instead of alternating meat or fish with vegetables the way many do with kebabs, I prefer to load each skewer with a single ingredient, so that I can give each thing the cooking time it needs – no one likes an undercooked onion.

If you use wooden skewers, soak them in a pan of water for about 30 minutes before using, to avoid burning them over the fire.

TIME: 20 minutes prep

MAKES: 4 servings

4 small chicken breasts, cut into 1” cubes (you could substitute salmon, halibut, or shrimp)

2 small zucchini, cut into 1” rounds

6 small roma tomatoes, halved

1 bell pepper (any color), seeded and cut into strips

1/2 red onion, cut into 1” chunks

1/3 cup Dijon mustard

1/3 cup lemon juice

1/3 cup olive oil

1/2 cup fresh dill (equivalent of a 1-ounce package, if available)

1 teaspoon salt

3/4 teaspoon pepper

Prepare a charcoal grill (or preheat a gas grill) over medium heat. Thread the chicken, zucchini, tomatoes, peppers, and onions onto skewers, place on a baking sheet, and set aside.

Puree the mustard, lemon juice, olive oil, dill, salt and pepper in a blender or food processor until smooth, and brush the chicken and vegetables on both sides with the sauce.

Grill the kebabs over medium heat until nicely browned and cooked through – the onions will probably take the longest, about 8 minutes per side, followed by the chicken at about 6 minutes per side, then the peppers, then the zucchini, then the tomatoes. Brush the kebabs with additional sauce during cooking, taking care to give each side of each skewer a final hit on the heat before serving, so the sauce has a chance to cook onto the food. Serve hot.