

Kick Butt Kabobs



So low in fat a calories they will kick the butt right off of you!

Totals for each individual ingredient:

(This is a kabob and you will stack the ingredients you choose, so add totals according to what you choose.)

4 oz SHRIMP

Calories 120
Fat 2g
Fiber 0g
Carbs 1g

4 oz CHICKEN

200
5g
0g
0g

4 oz BEEF (lean only)

230 – 270
9 – 11g
0g
0g

PEAR	ZUCHINNI	YAM	SQUASH	ONION	PEPPER
Cal 50	10	136	30	35	20
Fat 0	0	.4	.6	0	0
Fiber 2	0	4	3	1	1.5
Carbs 12	3	32	6	8	5

What you'll need:

4 oz Shrimp or chicken or beef (or all three)
1 Pear (any kind)
1 Sweet potato
1 Bell pepper (red or green)

1 Onion (any kind)
1 Zucchini squash
1 Yellow squash

Lawry's seasoned salt
Garlic salt
Ground black pepper

Teriyaki sauce
Metal Skewers
A barbecue grill

Let's get to cookin'!

1. Peel your shrimp /or chop up the chicken and/or beef into chunks.
2. Chunky chop all veggies (after you've washed them – of course!)
3. Take your skewers and stack your ingredients in any fashion you like. (I personally like yams and pears on one skewer and onions, bell peppers and zucchini on another skewer.) Stack shrimp or chicken or beef or all three in-between veggies or on their own separate skewer. This is a Kabob and there are no rules, so have fun!

4. Place on a grill on medium high heat; baste with Teriyaki sauce, and lightly season with all of your seasonings and cook for 10-15 minutes. Then turn, baste with Teriyaki sauce, re-season and cook for 10-15 minutes again or until veggies are crispy done – and make sure when cooking your shrimp, chicken or meat – that it is DONE, too!
5. Remove from grill (using pot holders) and using a fork, slide all chunks on to a plate to serve while still hot.

NOTE: Chicken and beef take longer to cook than shrimp so you might want to stack veggies that take a comparable amount of time. I usually just save myself the trouble and cook a skewer of shrimp and one of chicken; cooking the one with chicken with yams and pears (these take the longest of the vegetables) and the one with shrimp with zucchini, squash and bell pepper (which will cook quickly)

TIP: I've heard of people spraying their skewers with non-stick cooking spray when they make kabobs. I've never done that but if you have skewers that food sticks to then you might want to try this. And I long ago stopped using wooden skewers. They burn and splinter. At least mine did.

I cannot imagine cooking these kabobs on anything other than a barbecue grill. But since so many of us live in apartments and condos where it is not possible to have a grill you'll have to cook them in the oven. In that case, spray a cooking pan with cooking spray and place the kabobs on this. (If you have skewers that are long enough try using a cake pan and set the skewers to rest on either end of the pan. That way the grease and drippings can fall to the bottom of the pan) Season well and cook on about 400 until done. I guess that would be about 35-45 minutes depending on your oven. And if you're not afraid of burning your house down, put them in the broiler for a few minutes on each side to get crispy. I love crispy!!

Your cooking time will depend on your grill or oven. Usually it takes 10-15 minutes on each side. I don't use high flame on my grill. I find that the food burns too easily and slower means tenderer, especially with the chicken.

If you are a vegetarian, then you can just go to town with the variations of fruits and vegetables! (Apples would be good too – and pineapple and well I've never roasted a banana but I think I'm going to the very next time I do this. What have I got to lose?) Just make sure you season them well. The sweet and salty mix of tastes can make this more than just something you threw on the grill. It can make it a dish you'd serve to guests for a special occasion.

THE FINISHING TOUCH – generously drizzle teriyaki sauce all over everything! YUM! My husband, Neil, likes to have a bowl of Teriyaki sauce ready so he can dip his meat and veggies in while he's eating. I do that too now.

The Fat, Calories, Carbs and Fiber are really determined by your chicken or shrimp (or beef is you choose that) and how much you use. The fruits and veggies are so low in fat and calories, you can load up a skewer and still be less than 150 calories, but if you go heavy on the protein that will go higher. You must be your own sheriff here. If you've gotten out of the jail that is being overweight, then don't put yourself back in there by ignoring what got you out. Be mindful of how much fat you stick on your skewer. Load up on the stuff you can eat like crazy and treat yourself to the chicken, shrimp and beef in moderation.

This is my longest but one of my most popular **Kitty's Lighter Weigh** recipes!