



Grilled Chicken Skewers with Mushrooms and Sweet Potato "Fettuccine" with Spicy Mustard Dipping Sauce

Servings

4

Calories

580

Prep Time

35 minutes

Total Time

45 minutes

Skill Level

Easy

Ingredients

Skewers

- 3 boneless, skinless chicken breast halves
- ½ pound sweet potato "fettuccine", blanched
- ½ pound whole mushrooms
- 3 garlic cloves, minced
- 1 lemon, juice and zest
- salt and pepper to taste
- 4 tablespoons olive oil
- 2 teaspoons chopped fresh rosemary leaves
- wooden skewers, soaked in water

Mustard sauce

- 2 tablespoons Dijon mustard
- ¼ cup champagne vinegar
- 1 teaspoon lemon juice
- 2 tablespoons maple syrup
- 2 tablespoons chopped fresh herb (parsley, chives, oregano, or tarragon)
- 1 garlic clove, minced
- salt to taste
- 1 cup extra-virgin olive oil





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The Method

Cut the chicken into one-inch pieces. Thread one end of the sweet potato on the skewer, then a piece of chicken, then the other end of sweet potato on the skewer. Next put on a mushroom, then another sweet potato-chicken. Continue threading until all the chicken and mushrooms are threaded.

Mix together the garlic, lemon juice and zest, salt, pepper, olive oil, and rosemary. Let the skewers marinate in the sauce for 15-30 minutes. Grill over medium heat until done, about 5 minutes on each side.

For the mustard sauce: In a bowl, whisk together the mustard, vinegar, lemon, maple, herb, garlic, and salt. While whisking, slowly add the oil to make a smooth emulsion. Serve with cooked skewers.

Nutrition Facts

Serving Size: 243g | Servings: 4

Amount Per Serving

Calories 580 | Calories from Fat 30 | Total Fat 48g (sat fat 6g trans 0g) | Cholesterol 45mg | Sodium 170mg | Total Carbohydrate 19g | Dietary Fiber 2g | Sugars 7g | Protein 15g | Vitamin A 110% | Vitamin C 35% | Calcium 4% | Iron 4%