

RECIPE | TOMATOES

SANGRIA® CHICKEN SKEWERS



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SANGRIA® CHICKEN SKEWERS

Recipe created by *Tanya Anurag*



55 min

15 min | **40 min**
PREP. | COOKING



3



medium

INGREDIENTS

- 1** dry pint Pure Flavor® Sangria® Tomatoes
- 3** Pure Flavor® Aurora Bites Mini Sweet Peppers, cut in half
- 1 lb** chicken thighs, boneless and skinless
- 1** zucchini, sliced
- 1** red onion, cut into cubes
- ½ cup** balsamic vinegar, divided

- ½ cup** ranch dressing
- 4 tbsp** olive oil, divided
- Black pepper, crushed, to taste
- Salt, to taste
- Ranch dressing, to serve

DIRECTIONS

- 1** Cut the chicken thighs into bite-size pieces and set them aside.
- 2** In a big bowl, mix 2 tbsp olive oil, ¼ cup balsamic vinegar and ranch. Add in the chicken, cover the bowl, and leave in the refrigerator to marinate.
- 3** Set the oven to 400°F.
- 4** Add ¼ cup balsamic vinegar, 2 tbsp olive oil, salt and pepper to the veggies and toss well to coat the veggies.
- 5** Prepare the skewers by adding the veggies and chicken in an alternating pattern.
- 6** Once the oven is hot, place the skewers on the middle rack and cook for 30 mins.
- 7** Adjust oven and broil for 3-5 mins on each side, keeping a close eye. You do not want to burn the veggies (that can happen very quickly when broiling). Once done, serve warm with some ranch on the side.

Pro Tip: Leave chicken in the refrigerator for at least an hour to marinate, best left overnight.