

RECIPE | TOMATOES

SANGRIA® CHICKEN SKEWERS



15 min
PREP.



3



medium

55 min

40 min
COOKING

INGREDIENTS

Recipe created by *Tanya Anurag*

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.

PURE-FLAVOR.COM

