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Red, White & Blue Kebabs
Courtesy of [Hungry Girl Lisa Lillien](#)

Prep time: 30 minutes
Cook time: 20 minutes
Start to finish: 50 minutes
Makes 4 Servings

Ingredients:

Sauce

1/2 cup tomato sauce
1/4 cup ketchup
1/4 cup brown sugar (not packed)
1 tbsp. cider vinegar
1 tsp. garlic powder

Skewers

1 lb. blue/purple potatoes, cut into 1-inch chunks
2 tsp. olive oil or grapeseed oil
1/2 tsp. smoked paprika
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/4 tsp. plus 1/8 tsp. each salt and black pepper
1 1/4 lbs. raw boneless skinless chicken breast, cut into 1-inch cubes
1 large onion, cut into 1-inch chunks
1 red bell pepper, cut into 1-inch pieces



Directions:

If using wooden skewers, soak them in water for 20 minutes to prevent burning. (You'll need eight.)

In a medium bowl, combine all sauce ingredients. Stir until uniform.

Place potato chunks in a large microwave-safe bowl with 2 tbsp. water. Cover and microwave for 2 minutes. Stir and microwave for 2 more minutes, or until slightly softened.

Drain any excess liquid from potatoes. Add oil, paprika, garlic powder, onion powder, and 1/8 tsp. each salt and black pepper. Toss to coat.

Season chicken with remaining 1/4 tsp. each salt and black pepper.

Alternately thread chicken, onion, bell pepper, and potatoes onto eight skewers.

Spray a grill with nonstick spray, and bring to medium-high heat. Grill kebabs for 5 minutes with the grill cover down.

Flip kebabs. With the grill cover down, grill for 6 - 8 minutes, or until chicken is cooked through and potato has softened. Serve with sauce and enjoy!

Nutritional analysis:

1/4th of recipe (2 skewers with about 3 tbsp. sauce): 355 calories, 4.5g fat, 645mg sodium, 42g carbs, 4.5g fiber, 18g sugars, 36g protein