



The Dietitian's DISH



Fire up the grill for Father's Day...

Most dads pride themselves on being the master of the grill. Father's day is a great time to take over the grilling tools and treat dad to something special.



Try a spin on Buffalo wings, helping him indulge in some favorite flavors in a healthier way. Grilled chicken, shrimp, and veggie skewers are a great way to fuel up for any Father's Day adventures.



If you want to give his taste buds a thrill, grill up some cut fruit too. Grilled peaches, pineapple and watermelon are sensationally sweet!

Buffalo Chicken & Shrimp Kabobs

Ingredients:

- 1 lb. extra-large shrimp, peeled and deveined
- 1 lb. boneless, skinless chicken breasts, cut into cubes
- 1 1/2 cups bell peppers, cut into 1-in. pieces
- 1 1/2 cups zucchini, cut in 1/4-in. slices
- 3/4 cup buffalo wing sauce, divided



Directions:

- **SOAK** bamboo skewers in water for 30 minutes. Alternate threading shrimp and vegetables on half of the skewers. Then thread chicken and vegetables on the other half. Set in a large baking dish.
- **POUR** 1/2 cup Buffalo Wings Sauce over kabobs and turn to coat.
- **GRILL** kabobs on greased rack over medium-high heat until cooked through, about 7 min. for chicken and 5 min. for shrimp. Baste often with the remaining sauce.