

Serves 4 • Serving size: about 5 kabobs



PREP: 20 minutes
COOK: varies

Summer KABOBS

16 medium shrimp, peeled and deveined
3 (4-oz./115 g) chicken breasts, cut into 1"/2.5 cm pieces
2 tbsp. Southwest Chipotle Seasoning*
2 tbsp. Steak & Chop Seasoning*
2 tbsp. extra virgin olive oil, divided
20 (4"/10 cm) wooden skewers

Optional ingredients:
cut into approximately 2"/5 cm pieces, seasoned with salt
Fresh pineapple chunks
Fresh mango chunks
Fresh avocado chunks
Cherry tomatoes
Peaches
Red onion
Red bell pepper

1. Soak skewers in water 20 minutes; set aside.
2. Stir together shrimp, Southwest Chipotle Seasoning and 1 tbsp. olive oil in a medium bowl until well coated.
3. Stir together chicken, Steak & Chop Seasoning and 1 tbsp. olive oil in a second medium bowl, until well coated.
4. Remove skewers from water. Slide a piece of seasoned shrimp onto the skewer, followed by a fruit or vegetable. Repeat until skewer is full. Repeat with chicken.
5. Place four kabobs of the same meat type in the base of the MicroPro™ Grill. Place cover in the grill position. Microwave on high power
for shrimp: 3 minutes, turn, 2 minutes more
for chicken: 4 minutes, turn, 3 minutes more.

*Find the seasoning recipe on your Sales Force Website.

Nutritional Information (per serving, shrimp only):
Calories: 35 Total Fat: 2.5g Saturated Fat: 0g Cholesterol: 30mg
Carbohydrate: 0g Sugar: 0g Fiber: 0g Protein: 3g Sodium: 440mg
Vitamin A: 2% Vitamin C: 0% Calcium: 2% Iron: 0%

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TO DEMO



MicroPro™ Grill

OPTIONAL



Measuring
Spoons



Silicone
Spatula

