




Greek Mixed Grill Kabobs and Pine Nut-Orzo Salad


 Very Healthy

READY IN




30 min.

SERVINGS



6

CALORIES



588 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 servings bell pepper black
- 0.5 cucumber diced for garnish
- 1 cup feta cheese crumbles
- 1.5 pounds flesh fish white firm cut into 12 (2-inch) chunks
- 0.5 cup flat-leaf parsley finely chopped
- 6 sprigs rosemary fresh finely chopped
- 4 cloves garlic minced grated

- 2 juice of lemon juiced
- 0.3 cup kalamata olives for garnish
- 0.3 cup olive tapenade green
- 4 sprigs oregano fresh finely chopped
- 0.5 pound orzo pasta
- 8 greek peppers hot for garnish
- 0.3 cup pinenuts lightly toasted
- 1 small onion red finely chopped
- 1 teaspoon pepper flakes red crushed
- 6 servings salt
- 2 pounds chicken breast boneless skinless cut into 12 (2-inch) chunks
- 2 tomatoes diced for garnish
- 0.3 plus extra-virgin divided

Equipment

- bowl
- pot
- grill
- stove
- skewers
- grill pan
- metal skewers

Directions

- Special equipment: Metal skewers
- Preheat grill pan or outdoor grill to medium high.
- Place a pot of water on the stove and bring to a boil for the pasta salad. When the water boils, salt it and cook the pasta to al dente.

- While the pasta works, in a small bowl combine the garlic, oregano, rosemary, tapenade, red pepper flakes, 1 tablespoon lemon zest and the juice of 1 lemon with about 1/3 cup EVOO.
- Place the fish and chicken in separate shallow dishes or bowls and season with salt and pepper then divide the dressing between the bowls and coat the fish and chicken evenly. Skewer the fish and chicken on metal skewers. Grill the chicken 10 to 12 minutes until firm and juices run clear, and the fish for about 6 to 8 minutes, turning the kabobs frequently.
- Drain orzo and combine with pine nuts, onions, parsley, feta crumbles, the juice of 1 lemon, about 1/4 cup extra-virgin olive oil, salt and pepper.
- Serve the orzo salad with 3 pieces each of chicken and fish along side.
- Garnish plates with a couple of hot peppers, olives, tomatoes and cucumbers on each plate.

Nutrition Facts



Properties

Glycemic Index:48.83, Glycemic Load:14.7, Inflammation Score:-10, Nutrition Score:45.460869581803%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg

Nutrients (% of daily need)

Calories: 587.77kcal (29.39%), Fat: 17.14g (26.38%), Saturated Fat: 5.44g (34.01%), Carbohydrates: 42.12g (14.04%), Net Carbohydrates: 37.68g (13.7%), Sugar: 7.02g (7.8%), Cholesterol: 175.72mg (58.57%), Sodium: 821.05mg (35.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.5g (133%), Selenium: 124.36µg (177.66%), Vitamin C: 107.05mg (129.76%), Vitamin B3: 22.56mg (112.79%), Vitamin K: 109.87µg (104.64%), Vitamin B6: 1.91mg (95.47%), Phosphorus: 754.72mg (75.47%), Manganese: 1.24mg (62.16%), Vitamin B12: 2.52µg (41.94%), Potassium: 1460.12mg (41.72%), Magnesium: 140.56mg (35.14%), Vitamin B5: 3.43mg (34.32%), Vitamin A: 1652.66IU (33.05%), Vitamin B2: 0.56mg (32.89%), Vitamin D: 3.77µg (25.11%), Copper: 0.48mg (23.96%), Folate: 90.12µg (22.53%), Zinc: 3.3mg (22.02%), Iron: 3.93mg (21.82%), Vitamin B1: 0.33mg (21.74%), Calcium: 208.52mg (20.85%), Fiber: 4.44g (17.76%), Vitamin E: 2.65mg (17.65%)