

# Tex-Mex Chicken Kabobs with Vegetables

Adapted from Lena's Kitchen blog



## Servings: 8

NOTE: If you'd prefer to use chicken breasts, cut them into similar-sized pieces as the chicken thighs and grill the kabobs for a shorter period of time - 1-2 minutes less, but still cooked to 165°F internal temperature.

1. Preheat the grill to medium high - about 400°F.
2. Combine 4 tablespoons of safflower oil and taco seasoning in a bowl. Add chicken and toss to coat. Refrigerate chicken for an hour or two, covered.
3. Using skewers, thread the chicken, corn pieces, red onions, and poblano chiles, alternating until filled. Add the remaining 1 tablespoon of oil in the same bowl the chicken was in and lightly brush the corn, onions, and jalapeno pieces. Sprinkle all skewers with salt on both sides.
4. Grill over medium heat for 8-10 minutes, flipping halfway. Use an instant read thermometer to check the chicken - remove when the center has reached 165°F.
5. SAUCE: Combine sour cream, 1 tablespoon of Tajin seasoning, cumin, lime zest, juice, and cilantro in a small bowl. Mix well. Mixture may be too thick to drizzle, so add water to thin it to a sauce consistency, about a tablespoon or less.
6. SERVING: Place the skewers on a serving plate. Drizzle the sauce on top, and sprinkle with Tajin seasoning, cilantro, and cotija cheese. The kabobs will cool quickly, so serve immediately.

1 1/2 pounds boneless skinless chicken thighs, cut into 1 1/2" cubes (see NOTE below)

2 whole corn on the cob, husked, and cut into 1" coins

2 whole poblano peppers, trimmed, cut into 1-1/2" pieces

1/2 small red onion, cut into 2-inch pieces

5 tablespoons safflower oil

1 1/2 tablespoons taco seasoning

1/2 teaspoon kosher salt

### SAUCE:

1/3 cup sour cream

4 tablespoons cilantro, finely chopped, then remove about 2 tbsp for garnish

1 small lime, zested and juiced

1 tbsp Tajin seasoning

1/2 teaspoon ground cumin

### GARNISHES:

1/4 cup Cotija cheese, grated

more Tajin seasoning, cilantro and Cotija cheese

*Per Serving (excluding unknown items): 297 Calories; 19g Fat (56.0% calories from fat); 23g Protein; 10g Carbohydrate; 2g Dietary Fiber; 115mg Cholesterol; 732mg Sodium; 3g Total Sugars; trace Vitamin D; 56mg Calcium; 1mg Iron; 224mg Potassium; 70mg Phosphorus. Exchanges: .*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**