



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Take the Labor out of Labor Day!

Labor Day is the time to pay tribute to the American workforce.

And that often means an extra day off to relax and celebrate.

Whether you're working inside or outside the home, we value your contributions and time! In today's busy world, plan for meals without a ton of steps, and minimal time needed to prep and cook. Check for items on sale to see which could fit your meal ideas or recipes.

Kabobs are a great option where everyone can help to assemble their own skewer and cook time is less because the pieces of food are smaller.



Whether you follow a recipe or assemble your favorite proteins (meat, poultry, seafood, or meat alternative), seasoning or marinade, veggies (and fruits!) – kabobs can be simply amazing! Enjoy these Fajita Kabobs for a flavorful Labor Day menu or any weeknight. Then, use up any leftovers in a simple taco or burrito, or on top of salad greens.

Turkey Fajita Kabobs

Ingredients:

- 1 package turkey breast cutlets
- 1 packet fajita seasoning
- 2 Tbsps. vegetable oil
- 2 large bell peppers (any color), cut into 1" pieces
- 1 large onion, peeled and cut into 1" pieces
- Skewers (if wooden, soak for 30 minutes in water)

Directions:

1. Heat the grill to medium high heat.
2. Cut turkey breast cutlets into strips, then sprinkle with fajita seasoning.
3. Thread bell peppers, onions, and turkey strips onto skewers, alternating the meat and vegetables. For smaller cut pieces of turkey, thread one end of the meat, make a loop and thread the other end to double it up.
4. Brush the grill grates with oil before placing skewers on the grill.
5. Grill the kabobs for 2-3 minutes per side, covering while cooking. Cook until the meat reaches an internal temperature of 165°F using a meat thermometer.



Recipe (adapted) and image from Shadybrookfarms.com.