



American
Heart
Association.

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HOW TO BOOST WILLPOWER

It turns out that willpower may be a finite resource, so it's no wonder you're more likely to bend to temptation later in the day.

Click the link below to try a few of these tips to build up your willpower so you can keep positive habits going strong.



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Rosemary-Peach Chicken Kebabs with Orange Glaze

Ingredients

- Cooking spray
- 1 lb. boneless, skinless chicken breasts, cut into 16 1 1/2-inch pieces, all visible fat discarded
- 2 large ripe but firm peaches, cut into 16 1-inch wedges
- 1 large green bell pepper, cut into 16 1 1/2-inch squares
- 1/4 tsp. pepper
- 1/8 tsp. salt
- 3/4 tsp. grated orange zest
- 3 Tbsp. fresh orange juice
- 3 Tbsp. chopped, fresh rosemary
- 1 1/2 tsp. honey
- 1 1/2 tsp. canola oil OR 1 1/2 teaspoon corn oil

Directions

1. Lightly spray the grill rack with cooking spray. Preheat the grill on medium.
2. Meanwhile, thread the chicken, peaches, and bell pepper alternately onto four 14- to 16-inch metal skewers. Sprinkle the pepper and salt over the kebabs.
3. In a small bowl, whisk together the glaze ingredients. Set aside half the glaze (about 2 tablespoons). Brush both sides of the kebabs with the remaining glaze.
4. Grill the kebabs for 6 to 8 minutes, or until the chicken is no longer pink in the center and the vegetables are almost tender, turning once halfway through and brushing with the reserved 2 tablespoons of glaze, using a clean basting brush. Reduce the heat or move the kebabs to a cooler area of the grill if they are cooking too fast.

4 Servings

202 Calories
Per Serving

25g Protein
Per Serving

2g Fiber
Per Serving



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