



### **Federal's Own Kabobs**

Don't pass up this summertime favorite - made in-store daily from the finest, freshest ingredients - Federal Beef & Chicken Kabobs are plump, tender and delicious.

For exceptional flavor, you may marinate from three hours up to overnight. Or, you may call ahead and we will do the marinating for you.

Federal's kabobs are so tender and flavorful; with a big pile of rice and a heaping bowl of salad - it's a great, quick & easy weeknight dinner for the whole family.

They also make a wonderful choice for a Sunday soirée with friends and family.

#### **Cooking times for Kabobs:**

<b><u>Kabobs</u></b>	<b><u>Grilling Time</u></b>	<b><u>Cook until</u></b>
<b>Beef</b>	On medium-high heat Cook uncovered for 4 to 7 minutes each side	Meat and vegetables are tender and to desired doneness
<b>Chicken</b>	On medium-high heat Cook uncovered 6 to 8 Minutes each side	Meat is no longer pink and juices run clear
<b>Pork</b>	On medium-high heat Cook uncovered for 5 to 7 Minutes each side	Meat is no longer pink in the center
<b>Shrimp</b>	On medium-high heat Cook uncovered for 6 to 8  Minutes turning frequently to avoid scorching.  Brush with butter and lemon to keep shrimp moist and delicious.	Until opaque and to desired doneness.