

# Chicken and Pineapple Kebabs



*This healthy chicken and pineapple kebab recipe is easy to prepare on the grill. The spicy chicken is accompanied by refreshing sweet pineapple.*

*Yield: 2 servings, 8 skewers*

## Preparation:

To prepare marinade, in a bowl, whisk together all marinade ingredients. In a shallow glass dish, cover the chicken with the marinade. Marinate for at least 1 hour, covered and chilled. Preheat grill to medium-high heat. On presoaked skewers, alternate pineapple, chicken, tomato, green pepper and red onion. Repeat if skewer is long enough. Season with black pepper, if desired. Grill kebabs until chicken is cooked through, about 10 minutes.

## Ingredients:

8 oz chicken breast, cooked and cut into  
16 cubes  
1 cup fresh cubed pineapple  
1 cup cherry or plum tomatoes  
1 large green bell pepper, cut into 1-inch  
pieces  
1/2 red onion, cut into 1-inch pieces  
Black pepper to taste, if desired

## Nutritional Data Per Serving:

Calories: 184  
Fat: 2g  
Saturated Fat: 1g  
Cholesterol: 48mg  
Sodium: 45mg  
Carbohydrates: 23g  
Fiber: 2g  
Protein: 18g

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