



## **Hawaiian Chicken Kabobs**

*Makes 2 kabobs*

### **Marinade**

- 1 tablespoon soy sauce
- 1 teaspoon brown sugar
- 1/2 tablespoon rice vinegar
- 1 teaspoon sesame oil
- 1/8 teaspoon fresh grated ginger
- Big pinch garlic powder
- 6 pieces of 1" cubes boneless, skinless chicken breast or thigh
- 6 pineapple chunks
- 5 1" pieces of bell peppers
- 5 cherry tomatoes
- 4 pieces Red onion, chunked
- Skewers, soaked in water at least 20 minutes

Preheat oven to 450 degrees

Line a small baking sheet (6 skewers/sheet) with aluminum foil, curling around ends to make clean up easier.

In a small bowl combine add soy sauce, brown sugar, vinegar, sesame oil, ginger, and garlic powder. Add the chicken pieces, vegetables and pineapple into the marinade stir until well coated.

Thread the meat, veggies and fruit evenly between the 2 skewers. To avoid poking hand, push pointy end of skewers into bowl, spearing food, than pull food up towards blunt end of skewer.

Lay full skewers across the shorter side of the baking sheet.

Use pastry brush to brush extra marinade over skewers.

Bake 10 minutes, turn skewers, baste and bake another 10 minutes