



Chicken Pineapple Kabobs

- 1 pound boneless, skinless chicken breasts, cut into 1½-inch chunks
- 2 bell peppers, cut into 1½-inch chunks
- 2 green onions, cut into 1½-inch chunks
- 1 can (8 oz) pineapple chunks, drained
- 8 ounces mushrooms (button, portobello, or other)
- 8 ounces grape or cherry tomatoes
- 8–16 skewers (Soak wood skewers in hot water for 30 minutes)
- 2 TBSP olive oil
- 1 TBSP toasted sesame oil
- 1 TBSP soy sauce
- ½ teaspoon garlic powder
- Kosher salt, freshly ground black pepper, and any other desired seasonings, to taste



1. Mix olive oil, sesame oil, soy sauce and garlic powder in a small bowl. Stir to combine. Set aside.
2. Slide components onto the skewers, alternating between veggies and protein.
3. Brush meat and vegetables with sauce mixture.
4. Heat grill or grill pan on medium-high.
5. Place filled skewers on grill or grill pan and cook for about 8 to 10 minutes, turning halfway through.
6. Make sure to check the meat's temperature for doneness (varies by protein used).
7. Let the meat rest for 5 minutes and serve.