

Pineapple Chicken Skewers

*From the Kitchen of
Well Life with Miriam*

Recipe from: Autumn Calabrese Presents FIXATE

Ingredients:

- 8 Bamboo Skewers
- 1 lb. raw chicken breast, cut into 16 1-inch pieces
- ¼ cup reduced-sodium tamari or soy sauce
- 2 tsp. sesame oil
- 2 tsp. grated ginger
- 1 8 Oz. can pineapple chunks in juice, drained
- ½ large red onion cut into 16 1-inch chunks

Directions:

Soak skewers in water for 30 minutes.

Place chicken in large baggie – add soy sauce, oil, and ginger; seal bag and shake gently to mix.

Refrigerate at least 30 minutes to marinate. Preheat grill on medium heat.

Place chicken, pineapple, bell pepper and onion on skewer (2 pieces of each). Repeat with 7 remaining skewers and discard marinade.

Grill skewers on covered grill for 4 to 5 minutes on each side, until chicken is no longer pink inside.

Serve immediately! Enjoy!

