

# Chicken Kabobs



## Ingredients:

- ¼ cup Soy sauce (or Tamari)
- ¼ cup canned Pineapple juice
- 3 tbsp Honey (or brown Sugar)
- 2 tbsp Sesame oil
- ½ tsp Garlic powder
- ¼ tsp ground Ginger
- ¼ tsp Salt
- ¼ tsp ground black Pepper
- ¼ cup cold Water, whisked
- 1 tbsp Corn starch
- 4 boneless, skinless Chicken breasts, trimmed & cut into 1½" pieces
- 3-4 Bell peppers, cut into 1½" pieces (colors of your choice)
- 1 large red Onion, cut into 1½" pieces
- 2 cups Pineapple chunks
- 1-2 tbsp Olive oil (or more Sesame oil)
- Oil or grill cooking spray for grill grates

## Directions:

Create marinade\* in a small sauce pan over medium heat by whisking together soy sauce, pineapple juice, honey, sesame oil, garlic powder, ground ginger, salt and pepper & bring to a simmer.

Separately, whisk together cold water and corn starch until combined.

Slowly stream cornstarch mixture into marinade & whisk all together.

Return to a simmer; allow to simmer, whisking occasionally, for 3-4 minutes until marinade thickens.

Remove from heat & set aside.

Place diced chicken in a large plastic zip-top bag or bowl.

Add half of marinade; toss to coat chicken.

Seal/cover chicken; refrigerate at least 1 hour up to 4 hours.

If using wooden skewers, soak in water for at least 30 minutes.

Preheat grill to medium heat.

Alternately thread chicken, peppers, onion and pineapple onto skewers.

Brush olive oil on vegetables.

Oil grill grate.

Place kabobs on grill over medium heat.

Grill, turning every 4-5 minutes and basting with remaining marinade until chicken is done; about 15-20 minutes.