

## INGREDIENTS

- 2/3 cup BBQ Sauce
- 2/3 cup Teriyaki Sauce
- 3 cloves Garlic, minced
- 1 tbsp Ginger, grated
- 2 lbs Boneless, Skinless Chicken Breasts
- 2 cups Pineapple, fresh chunks
- 1 Red Bell Pepper, cut in 1 ½ inch pieces
- 1 White Onion, cut into 1 ½ inch pieces
- 2 tbsp Olive Oil
- Pepper for Taste

## DIRECTIONS

1. Preheat oven to 450 F. Place skewers in a bowl of water to soak.
2. Mix BBQ sauce, teriyaki sauce, garlic and ginger in a bowl. Reserve ½ cup and set aside.
3. Chop chicken into square pieces and place in BBQ mixture. Make sure chicken is covered completely and set aside.
4. Chop onion, pepper, and pineapple into slices and squares.
5. Alternate the vegetables, fruit and chicken on the skewer, making about 10 skewers.
6. Place on two baking sheets lined with aluminum foil or non-stick spray, brush with remaining sauce and cook for 25-30 minutes. Rotate skewers as they cook.



## Pineapple and Pepper Kabobs

*Fall 2019 Cooking Class |  
Dairy-Free | Gluten Free | High Protein*

Yield:  
10 Servings

Prep Time:  
15 Min

Cook Time:  
30 Min