**Pineapple And Pepper Kabobs**

**Ingredients:**

10 Kabobs

2/3 cup barbecue sauce

2/3 cup teriyaki sauce

3 cloves garlic, minced

1 tablespoon freshly grated ginger

2 pounds boneless, skinless chicken breasts

2 cups fresh pineapple chunks

1 red bell pepper, cut into 1 1/2-inch pieces

1 white onion, cut into 1 1/2-inch pieces

2 tablespoons olive oil

Pepper for taste

Tip: Vegetarian? Replace chicken with extra firm tofu, drained and sliced into large chunks.

**Directions:**

1. Preheat oven to 450 degrees, and place skewers in a bowl of water to soak.
2. Mix barbecue sauce, teriyaki sauce, garlic and ginger in a bowl. Reserve 1/2 cup and set aside.
3. Chop chicken up 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 ~10 skewers.
6. Place on two baking sheets lined with aluminum foil or spray, brush with remaining sauce and cook for 25-30mins, rotating skewers until fully cooked.
7. Enjoy! You can keep extra in the refrigerator in a sealed container for up to three days!