

Faith's favorite HAWAIIAN CHICKEN KEBABS

Ingredients - Marinade

1/3 cup ketchup
1/3 cup packed dark brown sugar
1/3 cup low-sodium soy sauce
1/4 cup canned pineapple juice
4 Tbsp olive oil, divided, plus more for brushing grill
1 1/2 Tbsp rice vinegar
4 garlic cloves, minced (4 tsp)
1 Tbsp minced ginger
1/2 tsp sesame oil
Salt and freshly ground black pepper

Instructions

1. In a mixing bowl, whisk together ketchup, brown sugar, soy sauce, pineapple juice, 2 Tbsp olive oil, rice vinegar, garlic, ginger, and sesame oil. Stir in 3/4 tsp pepper and season with salt.
2. Place chicken in a gallon size resealable bag. Reserve 1/2 cup of the marinade in fridge then pour remaining marinade over chicken. Seal bag and refrigerate 1 hr. (Meanwhile soak 10 wooden skewer sticks in water for 1 hour.)
3. Preheat a grill over medium heat to 400°F. Meanwhile, drizzle remaining 2 Tbsp olive oil over red onion, bell pepper, pineapple, and toss. Thread ingredients onto skewers and grill.

Ingredients - Kebabs

1 3/4 lb boneless, skinless chicken breast (chopped into 1 1/4- inch cubes)
3 cups (heaping) fresh cubed pineapple
1 1/2 large green peppers, diced into 1 1/4-inch pieces
1 large red onion, diced into 1 1/4-inch pieces