



Pineapple Chicken Kebabs

Sweet, smoky, and perfectly grilled, these Pineapple Chicken Kebabs combine tender chicken, juicy pineapple, and savory BBQ sauce for a tropical twist on a classic favorite. This dish is great for summer cookouts or weeknight dinners; it's easy to make and even easier to enjoy.

Serves: 5

Serving size: 1 skewer

Ingredients

- 1 1/3 lbs chicken breasts, cut into 1-inch cubes
- 3 cups pineapple chunks (fresh or canned-drained if canned)
- 2 small red onions, cut into 1 inch chunks
- 2 tbsp cooking oil
- 1 tsp smoked paprika
- 1 tsp sweet paprika
- 1/2 tsp garlic powder
- 1/4 tsp freshly cracked black pepper
- 1 tbsp BBQ sauce (plus more for serving if desired)
- Salt to taste

Directions

1. If using wooden skewers, soak them in water for 20-30 minutes to prevent burning.
2. In a small bowl, toss the red onion chunks with 1 tbsp of oil. In a separate bowl, toss chicken with 1 tbsp oil, paprika (smoked and sweet), garlic powder, black pepper, and salt.
3. Assemble skewers by alternating chicken, pineapple, and onion pieces.
4. Lightly brush or spray assembled skewers with oil and coat with BBQ sauce.
5. For grill: Preheat to medium and cook skewers 10-15 minutes, turning occasionally until cooked through. For oven: Preheat to 400°F, place skewers on a foil-lined baking sheet, and bake for 20 minutes, flipping halfway through.
6. Serve hot with extra BBQ sauce if desired. Enjoy!

Note: Use firm tofu or tempeh as a vegan alternative.

Nutrition Info per serving:

Calories: 255, Saturated Fat: 1.5g, Sodium: 142g, Added Sugars: .8g, Fiber: 2.1g

Recipe adapted from: <https://www.budgetbytes.com/bbq-chicken-kebabs/>