

PINEAPPLE CHICKEN KABOBS



Ingredients

For the kabobs:

- 1 pound boneless, skinless chicken breasts
- 1 15 ounce can of pineapple chunks with juice
- 1 small jar of maraschino cherries

For the pineapple sauce:

Pineapple juice from the can of pineapple chunks above

1/2 cup light brown sugar

3 Tbsp soy sauce

3/4 tsp ground ginger

1/8 tsp ground cloves

1/4 tsp paprika

1/2 tsp salt

1 Tbsp cornstarch or flour



Cooking Instructions

- Preheat the oven to 350 degrees.

To make the pineapple sauce:

- Strain the pineapple chunks through a mesh strainer so that the juice is caught in a glass or plastic mixing bowl. Set the pineapple chunks aside to make the kabobs.
- Add the sugar, soy sauce, ginger, cloves, paprika and salt to the pineapple juice in the mixing bowl.
- In a separate small mixing bowl, mix a small amount of the pineapple juice mixture with the corn starch or flour. Whisk until there are no lumps, then add back into the remaining pineapple juice mixture and whisk to combine.

- With an adult's help, turn on the stove and bring the mixture to a boil over medium high heat.
- Once the mixture is boiling, reduce the heat to medium low and continue to cook until the mixture thickens, stirring frequently to prevent burning.
- Turn off the heat when the mixture is reduced to a saucy consistency.
- To make the kabobs:
 - Cut the chicken into bite sized pieces and put them into a small bowl.
 - Drain the cherries into a small bowl (reserve the cherry juice for another recipe)
 - Get the bowl of pineapple chunks you drained from the step above.
 - With the pointy side of the skewer facing down, thread the chicken, pineapple and cherries onto the skewers.
 - Spray a rack with cooking spray and place it on top of a baking sheet.
 - Place the skewers onto the rack and bake in the oven for 20 - 25 minutes.
 - Serve the kabobs with the pineapple sauce on the side or drizzled on top. Enjoy!
- NOTE: when working with raw meats, be careful of cross contamination. Do not eat unused pineapple or cherries if they may have been touched with hands that touched raw chicken.