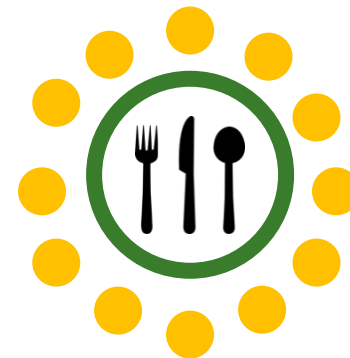


## recipe of the week:

### *Sweet and Spicy Grilled Chicken and Pineapple Skewers*



| ingredients:  | directions:   |
|---|---|
| 2 lbs. boneless, skinless chicken breasts, cut into bite sized pieces | 1. Whisk together all of the ingredients minus the chicken and pineapple in a bowl. In a re-sealable freezer bag, add in the cubed chicken and pour in the marinade, reserving 1/4 cup of it for brushing on the skewers while grilling. Massage the marinade into the chicken and refrigerate for at least 6 hours or overnight if possible. |
| 1 tbsp. olive oil   | 2. After the chicken has marinated, preheat the grill to approximately 400° F. Thread the chicken and pineapple onto metal or wooden skewers. (I alternated between 2 pieces of chicken and then a piece of pineapple).   |
| 2 tbsp. low sodium tamari or soy sauce                                | 3. Grill the skewers for approximately 3-4 minutes then flip them over and grill another 3-4 minutes or until the chicken is cooked through. Brush the remaining 1/4 cup of marinade over the skewers during the last 1-2 minutes of cooking.   |
| 2 tbsp. chili garlic sauce (I use Huy Fong brand for this)            | 4. Serve over rice or cauliflower rice topped with cilantro and lime wedges if desired.   |
| 2 tbsp. rice vinegar *apple cider vinegar may also be used            | Note: The skewers are delicious with cilantro lime rice or cauliflower rice. After cooking mix in 1 tablespoon chopped cilantro and squeeze in the juice of 1/2 of a lime. Season with salt and pepper as needed.   |
| 3 tbsp. honey   |   |
| 1 lime, juiced (approx. 2 tbsp.)                                      |   |
| ¾ tsp smoked Spanish sweet paprika                                    |   |
| ½ tsp kosher salt   |   |
| 1 small pineapple, cut into approx. 1 inch cubes                      |   |

Presented by:

