



Hawaiian Chicken Kabobs

2-3 lbs boneless/skinless chicken thighs, cut into 1 inch cubes
15 oz can unsweetened pineapple chunks
large green or red pepper, 1 inch pieces
medium mushrooms
cherry tomatoes

SAUCE

1/4 cup soy sauce
2 tablespoons vegetable oil
1 tablespoon brown sugar
1 teaspoon garlic powder
1 teaspoon ground ginger
1 teaspoon dry mustard
pinch fresh ground pepper

Put chicken in large shallow dish.

If using canned pineapple, drain pineapple and keep juice.

Set pineapple aside.

Mix pineapple juice and sauce ingredients in small pan.

Bring to a boil.

Reduce heat and simmer for 5 minutes.

Pour over chicken and let marinate while you prepare other ingredients.

*Bottled salad dressing such as Asian Ginger can be used as a marinade instead of the sauce.

Pour over chicken and let marinate, up to 24 hours*

Preheat oven to broil.

Remove chicken from marinade and skewer,
alternating chicken, pineapple, peppers, mushrooms, and tomatoes on skewers.

Place the kabobs on grill or (cookie sheet and broil) the kabobs for 10-15 minutes, turning once halfway through the cooking process.

When turning the kabobs, baste with a small amount of the marinade for better flavor.
Remove the kabobs from the oven and allow them to rest for 5 minutes before serving.