Sweet BBQ Chicken Kabobs

This is a great recipe for a family BBQ. The sweet and tangy flavours paired with the chicken make for a unique combination. These are perfect if you are looking for a change from hamburgers or grilled steak. You can get creative and add peppers, onions, portabella mushrooms, or other veggies you enjoy!

Prep: 25 minutes • Total: 25 minutes

Ingredients:

Boneless skinless chicken breasts (cut into 1½ inch pieces)	1lb	450g
Fresh pineapple chunks	1 cup	250 mL
Red pepper, cut into chunks	1 each	1 each
Yellow pepper, cut into chunks	1 each	1 each
BBQ sauce	½ cup	125 mL
Orange juice	3 Tbsp	45 mL

Directions:

1. Heat BBQ to medium-high heat.
2. Thread chicken, pineapple and peppers onto 8 long wooden skewers, using two skewers placed side-by-side for each kabob.
3. Mix remaining ingredients. Set aside half the sauce; brush remaining sauce onto kabobs.
4. Grill for 8-10 minutes until chicken is done, brushing occasionally with reserved sauce.

Note: Soak wooden skewers in water for 30 minutes before using. Wrap ends with foil before grilling to prevent burning.
Sodium Reduction: To decrease sodium, cut BBQ sauce from ½ cup to ¼ cup when making the sauce.

Nutrition Facts

Serving Size (253g)
Servings Per Container

Amount Per Serving

Calories 250	Calories from Fat 70
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 85mg	**28%**
Sodium 410mg	**17%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 3g	**12%**
Sugars 10g	
Protein 30g	

Vitamin A 25% • Vitamin C 220%
Calcium 10% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: *Kraft Canada*

Makes 4 servings • 1 serving = 2 skewers

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