Michele Sodon

NUTRITION PER SERVING:

CALORIES	156
PROTEIN	18 G
CARBOHYDRATE	16 G
TOTAL FAT	2 G

PREP TIME:	10 MINUTES
COOK TIME:	30 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	2 SKEWERS

2 C	BONELESS, SKINLESS CHICKEN BREAST, CUT INTO 1-INCH CUBES (24 CUBES) (ABOUT 2 LARGE BREASTS)
1 C	FRESH PINEAPPLE, DICED (24 PIECES) (OR CANNED PINEAPPLE CHUNKS IN JUICE)
8	6-INCH WOODEN SKEWERS

FOR SAUCE:

2 TBSP	KETCHUP
2 TBSP	LITE SOY SAUCE
2 TBSP	HONEY
2 TSP	ORANGE JUICE
1 TSP	GARLIC, MINCED (ABOUT 1 CLOVE)
1 TSP	GINGER, MINCED

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HAWAIIAN
HULI HULI CHICKEN

SO MUCH FUN TO EAT THAT YOUR CHILDREN WON'T KNOW IT'S HEALTHY TOO...!

01 Preheat a broiler or grill on medium-high heat.

02 Thread three chicken cubes and three pineapple chunks alternately on each skewer.

03 Combine ingredients for sauce and mix well; separate into two bowls and set one aside for later.

04 Grill skewers for 3–5 minutes on each side. Brush or spoon sauce (from the bowl that wasn't set aside) onto chicken and pineapple about every other minute. Discard the sauce when done with this step.

05 To prevent chicken from drying out, finish cooking skewers in a 350 °F oven immediately after grilling (to a minimum internal temperature of 165 °F). Using a clean brush or spoon, coat with sauce from the set-aside bowl before serving.

Note: Skewers have sharp edges, so monitor younger children while eating, or take the chicken off the skewers for them.

✔ Children can help stuff ingredients into the pita pockets.