



### **Hawaiian Chicken Kabobs**

Makes 10 kabobs

3 Tbsp. low-sodium soy sauce

3 Tbsp. brown sugar

2 Tbsp. rice vinegar

1 Tbsp. sesame oil

¼ tsp. ground ginger

¼ tsp. garlic powder

8 skinless, boneless chicken breast halves, diced

2½ cups pineapple, cubed

In a shallow dish, mix soy sauce, brown sugar, vinegar, oil, ginger and garlic powder to make a marinade. Stir chicken pieces and pineapple into the marinade until well coated. Cover and refrigerate at least two hours to allow flavors to blend. Preheat grill to medium-high. Lightly spray cooking oil on grill grate. Thread chicken and pineapple alternately onto skewers. Grill 15 minutes, turning occasionally until chicken is cooked through. Enjoy hot.

Per serving: 160 calories, 2.5 g fat, 22 g protein, 10 g carbohydrate, 1 g fiber, 180 mg sodium