

# Hawaiian Chicken Kebabs from Cooking Classy.com

Prep Time: 25 minutes

Cook Time: 15 minutes

Servings: 9 -10 kebabs

## Ingredients

- 1/3 cup ketchup
  - 1/3 cup packed dark brown sugar
  - 1/3 cup low-sodium soy sauce
  - 1/4 cup canned pineapple juice
  - 4 Tbsp. olive oil, divided, plus more for brushing grill
  - 1 1/2 Tbsp rice vinegar
  - 4 garlic cloves , minced (4 tsp)
  - 1 Tbsp. minced ginger
  - 1/2 tsp. sesame oil
  - Salt and freshly ground black pepper
  - 1 3/4 lb boneless, skinless chicken breast, chopped into 1 1/4-inch cubes
  - 3 cups (heaping) fresh cubed pineapple (about 3/4 of 3 lb pineapple)
  - 1 1/2 large green peppers, diced into 1 1/4-inch pieces
  - 1 large red onion , diced into 1 1/4-inch pieces
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1. In a mixing bowl whisk together ketchup, brown sugar, soy sauce, pineapple juice, 2 Tbsp. olive oil, rice vinegar, garlic, ginger and sesame oil. Stir in 3/4 tsp. pepper and season with salt if desired.
  2. Place chicken in a gallon size resealable bag. Reserve 1/2 cup of the marinade in refrigerator; then pour remaining marinade over chicken. Seal bag and refrigerate 1 hour. Soak 10 wooden skewers in water for 1 hour.
  3. Preheat a grill or grill pan or oven to 400°F. Drizzle remaining 2 Tbsp. olive oil over red onion, bell pepper and pineapple and toss. Season red onion and bell pepper with salt and pepper. Thread red onion, bell pepper, pineapple and chicken onto skewers. Brush grill grates or cookie sheet lined with parchment paper with olive oil; then place skewers on grill. Grill 5 minutes and then brush along tops with 1/4 cup of remaining marinade. Rotate to opposite side and brush remaining 1/4 cup of marinade on opposite side. **Or bake in the oven!**
  4. Grill about 4 minutes longer, or until chicken registers 165°F in center on an instant read thermometer. Serve warm.

