



FARMERS MARKET

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Grilled Pineapple Chicken Kabobs

Serves 4

For the Sweet & Spicy Glaze:

- 1/2 cup all-fruit apricot preserves
- 1 small clove garlic, finely minced
- 1 tbsp olive oil
- 2 tsp soy sauce
- 2 tsp dry mustard
- 1/8 tsp cayenne pepper (use more if you like it extra spicy!)
- 1/2 tsp sea salt

For the Kebobs:

- 1.25 pounds of boneless, skinless chicken breasts, cut into cubes
- 1 fresh pineapple, cubed
- 1 large red pepper, cut into 2-inch pieces
- 1 bunch of scallions, cut into 2-inch pieces

In a small bowl, whisk together the Sweet & Spicy Glaze ingredients – apricot preserves, garlic, olive oil, soy sauce, dry mustard, cayenne pepper and salt. (The sauce can be made ahead of time and refrigerated for up to a week or kept in freezer for up to a month – defrost in frig overnight when ready to use.)

Cut kebob ingredients into cubes/pieces that can be easily thread onto a skewer. Be sure to keep the chicken chunks to about 2x2-inches in size, so they'll cook evenly along with the veggies. Speaking of which, feel free to add additional veggies as well – zucchini, yellow squash, mushrooms, red onion are all great options! (Also note, you can make the kebobs in advance and keep them refrigerated for up to 3 days.)

When ready to eat, preheat grill to medium heat making sure grill is thoroughly preheated before you begin grilling. Cook kebobs uncovered over medium heat about 2-3 minutes. Then carefully turn the kebobs over and generously brush the upturned side with the Sweet & Spicy Glaze.

Continue cooking the kebobs for about another 2 minutes. Then turn them over again, generously brushing the upturned side with glaze. Cook about one minute more, and turn the kebobs a final time and brush with the remaining glaze. Turn off the grill and cover for about a minute to allow the glaze to set and chicken to finish cooking through.

Please note: Since grill temperatures can vary dramatically, be sure to keep a close eye on your kebobs. If the chicken or veggies start to get too dark before they're cooked through,

turn down the heat to low and move the kebobs to a cooler part of the grill to finish cooking.
Or turn off the grill and cover the kebobs, until chicken is cooked through.

Credit: thenourishinghome.com