

# HAWAIIAN CHICKEN KEBABS

## INGREDIENTS:

- 1 pound chicken, uncooked and boneless
- 1/2 medium pineapple
- 1 medium green pepper
- 1 medium red pepper
- 1 large uncooked onion
- 1/4 cup pineapple juice
- 3 garlic cloves, minced
- 2 tablespoon soy sauce, low-sodium
- 1 tablespoon olive oil
- 2 cups brown rice, cooked and kept hot

## DIRECTIONS

1. Cut each chicken breast, pineapple, peppers and onion into approximately twenty-four 1-inch thick pieces. Combine chicken, pineapple juice, garlic, soy sauce, and oil in a large (non-metal) bowl; marinate in refrigerator for 1 – 24 hours.
2. Preheat grill. Lightly coat vegetables with cooking spray. Thread 2 pieces of pepper, pineapple, chicken and onion onto each skewer. Brush with marinade.
3. Grill over medium-hot coals until chicken is completely cooked, about 8 – 10 minutes, turning kebabs every 2 minutes until cooked evenly.

## Nutrition Facts

Serving Size 2 kebab (540g)  
Servings Per Container 4

### Amount Per Serving

**Calories 370**      **Calories from Fat 45**

**% Daily Value\***

**Total Fat 5g**      **8%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol 75mg**      **25%**

**Sodium 420mg**      **18%**

**Total Carbohydrate 52g**      **17%**

Dietary Fiber 7g      **28%**

Sugars 21g

**Protein 29g**

Vitamin A 10%      • Vitamin C 150%

Calcium 8%      • Iron 15%

\*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

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Source: [weightwatchers.com](http://weightwatchers.com)

