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

DIRECTIONS

- 3 garlic cloves, minced
- 2 tablespoon soy sauce, low-sodium
- 1 tablespoon olive oil
- 2 cups brown rice, cooked and kept hot

- 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 Ser	ving		
Calories 370) Cal	ories from	n Fat 45
		% Da	ily Value*
Total Fat 5g		8 %	
Saturated Fat 1g			5%
Trans Fat ()g		c
Cholesterol 75mg			25%
Sodium 420mg			18%
Total Carbohydrate 52g 17%			
Dietary Fiber 7g			28%
Sugars 21g			
Protein 29g	8		
Vitamin A 10	%•	Vitamin C	150%
Calcium 8%	٠	Iron 15%	
*Percent Daily Va diet. Your daily va depending on yo	alues may b	e higher or lo	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per grar	n:	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Fat 9 • Carbohydrate 4 • Protein 4			



Benteh Nuutah Valley Native Primary Care Center Wellness Center (907) 631-7630 southcentralfoundation.com

Source: weightwatchers.com