



Sweet & Spicy Chicken Kabobs
RECIPE

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TIME 30 Minutes
INGREDIENTS 11 items
MAKES 4 servings

Sweet and tangy pineapple jazz up the Garden Vegetable rice bed for marinated chicken kebabs. Easy enough to let the kids help prepare! Younger kids can measure and mix up the marinade while older kids can chop vegetables and make the skewers.

INGREDIENTS

- 2 Tbsp brown sugar
- 1/4 tsp ground ginger
- 1/4 tsp red chile flakes
- 1 Tbsp lime juice
- 1 Tbsp low-sodium soy sauce
- 1 Tbsp cooking oil
- 1 pound chicken, boneless & skinless cut into 32 chunks
- 2 medium bell pepper, cut into 1" pieces
- 1 small red onion, cut into 1" pieces
- 1 cup fresh or canned pineapple in juice, cut into 1" pieces
- 1 pouch Ben's Original Ready Rice Garden Vegetable

1. Preheat the grill.
2. Combine the brown sugar, ground ginger, as much of the red chile flakes as you like, lime juice, soy sauce and vegetable oil in a large bowl. Add chicken, bell pepper and onion, tossing well to coat. Cover and let stand for 10 minutes.
3. Skewer the pineapple on to its own 2 skewers. Lightly spray with cooking spray and place on grill. Cook 3 minutes or until grill marks begin to show and pineapple is beginning to brown, turning often. Remove from heat, keep warm.
4. Skewer the chicken, bell pepper and onion onto 8 skewers. Place skewers on grill rack coated with cooking spray; cook 10 minutes or until chicken is done, turning often to prevent burning.
5. Remove pineapple from skewers and coarsely chop.
6. Prepare rice according to package directions.

7. Stir in chopped, grilled pineapple to prepared rice and serve with chicken kabobs.

NUTRITION

- CALORIES: 310
- TOTAL FAT: 6g - 9%
- TRANS FAT: 0g
- SODIUM: 580mg - 24%
- TOTAL CARBOHYDRATES: 37g - 12%
- DIETARY FIBER: 2g - 8%
- TOTAL SUGARS: 14g
- PROTEIN: 29g

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