



Hawaiian Huli Huli Chicken

Serving Size: 2 skewers

Yield: 4 servings

Ingredients:

12 oz boneless, skinless chicken breast, cut into 1-inch cubes (24 cubes) (about 2 large breasts)

1 C fresh pineapple, diced (24 pieces) (or canned pineapple chunks in juice)

8 6-inch wooden skewers

For sauce:

2 Tbsp ketchup

2 Tbsp lite soy sauce

2 Tbsp honey

2 tsp orange juice

1 tsp garlic, minced (about 1 clove)

1 tsp ginger, minced



Directions:

1. Preheat a broiler or grill on medium-high heat.
2. Thread three chicken cubes and three pineapple chunks alternately on each skewer.
3. Combine ingredients for sauce and mix well; separate into two bowls and set one aside for later.
4. Grill skewers for 3–5 minutes on each side. Brush or spoon sauce (from the bowl that wasn't set aside) onto chicken and pineapple about every other minute. Discard the sauce when done with this step.
5. To prevent chicken from drying out, finish cooking skewers in a 350 °F oven immediately after grilling (to a minimum internal temperature of 165 °F). Using a clean brush or spoon, coat with sauce from the set-aside bowl before serving.





Note: Skewers have sharp edges, so monitor younger children while eating, or take the chicken off the skewers for them.

Nutrition Facts: Calories, 156; Total fat, 2g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 47mg; Sodium, 320mg; Total Carbohydrate, 36g; Fiber, 0g; Protein, 18 g; Vit. A, 2%; Vit. C, 15%; Calcium, 2%; Iron, 6%; potassium 255mg.

Source: WeCan! *Deliciously Healthy Family Meals*

