

Sweet BBQ Chicken Kabobs

Nutrition Facts:

240 Calories
3g of Fat
29g of Carbs
3g of Fiber
24g of Sugar
26g of Protein



Instructions:

HEAT grill to medium-high heat.

Using 8 long wooden skewers (placing 2, side-by-side, for each kabob), thread chicken alternately with pineapple and peppers onto skewers to make 4 kabobs.

MIX barbecue sauce and juice concentrate; brush some of the sauce mixture onto kabobs.

GRILL 8 to 10 min. or until chicken is done, turning and brushing occasionally with remaining sauce mixture.

Ingredients:

- 1 lb. boneless skinless chicken breasts, cut into 1-1/2-inch pieces
- 2 cups fresh pineapple chunks (1-1/2 inch)
- 1 each: red and green pepper, cut into 1-1/2-inch pieces
- 1/2 cup Barbecue Sauce
- 3 Tbsp. frozen orange juice concentrate

Prep Time: 15 mins.

Total Time: 25 mins.

Makes: 4 kabobs

