Sweet BBQ Chicken Kabobs

**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.

**Nutrition Facts:**

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

**Ingredients:**

- 1 lb. boneless skinless chicken breasts, cut into 1-1/2-inch pieces
- 2 cups fresh pineapple chunks (1-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