

life is why **Family Health Challenge™**

Kid-Friendly Hawaiian Chicken Kebabs with Brown Rice



Serves 4

Price per Serving \$3.09

Simple Cooking with Heart helps you travel to the islands with this recipe. Kids can help make them and because they'll be in the kitchen where all the action is, they're probably going to be excited to eat them, too.

Ingredients

Marinade

- ☐ 1 lb. boneless, skinless chicken breasts (at least 36 pieces), all visible fat discarded, cut into bite-size pieces
- ☐ 2 Tbsp. low-sodium soy sauce
- ☐ 20 oz. canned, unsweetened juice from pineapple chunks can
- ☐ 2 clove fresh garlic, minced **OR**
- ☐ 1 tsp. jarred, minced garlic

Chicken Kebabs

- ☐ non-stick cooking spray
- ☐ 36 pineapple chunks, packed in their own juice
- ☐ 2 fresh, chopped bell peppers (chopped into 36 pieces)
- ☐ 1 pint grape tomatoes or cherry tomatoes
- ☐ 12-15 wooden skewers
- ☐ 2 cup brown rice, cooked to package instructions **OR**
- ☐ 2 8.8- oz. packaged, cooked brown rice

Directions

Marinade

1. In a plastic bag, add chicken chunks.
2. Have kids add soy sauce, 1 cup pineapple juice, and garlic into the plastic bag. Seal and let chicken marinate in the fridge for about 15 minutes.

Chicken Kebabs

1. Preheat oven to 400° F. Take chicken out of marinade and place in a bowl.
2. Spray a baking sheet with cooking spray. Have kids wash bell peppers and tomatoes before chopping peppers. For kid-friendly assembly, place the pineapple, chopped peppers, and tomatoes in 3 separate bowls.
3. Let kids add 1 tomato to the bottom of 1 skewer. Top with pineapple, chicken and bell pepper 3 times, letting kids add everything but the raw chicken. Let kids add 1 more tomato to top. Repeat with the rest of skewers.
4. After 12 skewers are made (and all the chicken has been used), have kids make their own skewers with any remaining pieces. Cook kabobs in oven until chicken is cooked, about 15 minutes. Serve with rice.

Additional Tips

Cooking Tips: Pineapples have an enzyme called bromelain that helps to make meat tender, making pineapple juice an excellent quick marinade.

Keep it Healthy: Skewering pieces of meat, vegetables, and fruit for dinner makes it fun for kids to eat, along with having a meal with a quick cooking time.

Cooking Tips: Grape tomatoes are smaller than cherry tomatoes, so more will fit in a pint container. If using grape tomatoes, there will be enough tomatoes to add 4 grape tomatoes per skewer. If using cherry tomatoes, just stick with 2 per skewer.

Safety Tips: You can also cook these on the grill but first, you would need to soak the wooden skewers in cold water to prevent them from catching on fire.

Leftover ingredients?

Search for the ingredient below and use the remaining amount in those recipes!

Nutritional Info

Nutrition Facts	
Calories per serving	306
Total Fat	4.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	1.0 g
Cholesterol	73 mg
Sodium	342 mg
Carbohydrates	40 g
Fiber	5 g
Sugars	20 g
Protein	29 g

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