

NAME: *Simple and Addictive Chicken Kabobs*

DATE: *19 October 2016*

Tools I used to make this recipe: Grill, skewers, ziploc bag, mixing bowl

Yield: Serves 4 **Prep Time:** 2 hours 30 minutes **Cook Time:** 8-10 minutes **Total Time:** 2 hour 40 minutes

Ingredients:

- 1 1/2 lbs. boneless skinless chicken breasts, cut into 1-inch pieces
- 3 tbsp coconut aminos
- 2 tbsp honey
- 1 tbsp apple cider vinegar
- 1 tbsp sesame oil
- 1 tsp fresh ginger, grated
- 1/4 tsp garlic powder
- 1/2 red onion, chopped
- 1 cup cherry tomatoes, halved
- Fresh pineapple, cut into slices

Directions:

1. In a small bowl, mix together the coconut aminos, honey, vinegar, sesame oil, ginger, and garlic powder. Place the marinade and chicken into a large Ziploc bag and toss to coat. Marinate in the refrigerator for at least 2 hours. If using wooden skewers, soak in water for 30 minutes.
2. Preheat the grill to medium-high heat. Place the marinated chicken, red onion, and cherry tomatoes alternately onto the skewers. Brush the chicken with any remaining marinade. Grill the kabobs for approximately 8-10 minutes, turning occasionally, until the chicken reaches desired doneness. Serve warm with pineapple.

Notes: This recipe is from By Rebecca Bohl (PaleoGrubs.com)

