

Pineapple Chicken Skewers

Ingredients

2 pounds chicken thighs (boneless/skinless)

Season salt

2 c. pineapple chunks

1 lb. cherry tomatoes

Marinade

½ c. pineapple juice

¼ c. soy sauce

¼ c. brown sugar

2 T. rice vinegar

Glaze

1 c. apricot preserves

¼ c. soy sauce

1 T. honey (or more to taste)

1 tsp. ground ginger



Skewer Options

Wooden Skewers: soak in water for 30 minutes to prevent burning

Metal Skewers: heat up quickly and help to cook food from the inside out

Instructions

Step 1: Marinate the Chicken

Cut chicken thighs into 1-inch cubes.

Place cubes in a zip-lock bag or shallow dish.

In a medium bowl, whisk together the pineapple juice, soy sauce, brown sugar, and rice vinegar until the brown sugar is dissolved and the marinade is well combined.

Pour the marinade over the chicken ensuring that all pieces are covered.

Seal the zip-lock bag and gently massage the marinade into the chicken.

Refrigerate the marinated chicken for at least 30 minutes (or up to 2 hrs.).

Step 2: Prepare the pineapples and vegetable

Set the pineapple out in a bowl.

Rinse the cherry tomatoes

Step 3: Assemble the Skewers

Preheat the oven to 400 degrees F.

Line a baking sheet with parchment paper or foil for easy clean up.

Remove the chicken from the marinade (discard marinade after use).

Gently thread the chicken, pineapple and tomatoes onto the skewer, leaving a little space between the pieces for even cooking.

Bake the skewers in the oven for 20 minutes, flipping them over halfway through so that both sides are cooked.

Step 4: Prepare the Glaze:

In a medium saucepan, whisk apricot preserves, soy sauce, and honey over a medium heat until a sauce forms.

Brush the cooked chicken skewers with the glaze and serve hot.