



Teriyaki Grilled Chicken Skewers

SERVINGS: 4

PREPPING TIME: 25 MINS

COOKING TIME: 20-25 MINS

INGREDIENTS

Skewers:

- 1 lb. boneless, skinless chicken breasts, cut into 1-inch cubes
- 1 red bell pepper, cut into 1-inch pieces
- 1 yellow bell pepper, cut into 1-inch pieces
- 1 large zucchini, cut into thick slices
- 1 red onion, cut into 1-inch pieces
- 1 1/2 cups pineapple chunks (fresh or canned in juice, not syrup)
- Wooden or metal skewers (if using wooden skewers, soak them in water for at least 30 minutes before using)

Teriyaki Sauce

- 1/4 cup low-sodium soy sauce or tamari (for gluten-free)
- 2 tbsp. honey or maple syrup
- 2 tbsp. rice vinegar
- 2 tbsp. pineapple juice (from the can, if using canned pineapple)
- 1 tbsp. sesame oil
- 2 cloves garlic, minced
- 1 tsp. fresh ginger, minced
- 1 tsp. cornstarch mixed with 2 tsp. water (for thickening)
- Sesame seeds and chopped green onions for garnish (optional)

DIRECTIONS

1. In a small saucepan, combine the soy sauce, honey (or maple syrup), rice vinegar, pineapple juice, sesame oil, minced garlic, and minced ginger. Bring to a simmer over medium heat, stirring occasionally. Once simmering, add the cornstarch mixture and stir until the sauce thickens. Remove from heat and let it cool.
2. In a large bowl, combine the cubed chicken with half of the prepared teriyaki sauce. Toss to coat and let it marinate for at least 30 minutes (or up to 2 hours) in the refrigerator. Reserve the other half of the sauce for basting and serving.
3. Preheat your oven to 425°F (220°C) and line a baking sheet with aluminum foil or parchment paper. Thread the marinated chicken, bell peppers, zucchini, red onion, and pineapple chunks onto the skewers, alternating between the different ingredients. Place the skewers on the prepared baking sheet.
4. Bake in the preheated oven for about 15-20 minutes, turning halfway through and basting with the reserved teriyaki sauce, until the chicken is fully cooked (internal temperature should reach 165°F or 74°C) and the vegetables are tender.
5. Remove the skewers from the oven and transfer to a serving platter. Drizzle with any remaining teriyaki sauce and garnish with sesame seeds and chopped green onions if desired. Serve hot, optionally with a side of quinoa, brown rice, or a fresh green salad for a complete meal.

NUTRITION

Serving size: 2-3 skewers
 (per serving) 370 calories, 8g fat, 2g saturated fat, 120 mg cholesterol, 560mg sodium, 40g carbohydrate, 4g fiber, 33g sugar, 38g protein