

Champion Chicken Skewers

Content

- ★ 1 pound boneless skinless chicken breast, cut into 1-inch pieces
- ★ 1 ripe pineapple, cored and cut into 1-inch chunks
- ★ 2 small red bell peppers, cut into 1-inch pieces

Marinade

- ★ ¼ cup Bragg liquid aminos, coconut aminos, or wheat-free Tamari
- ★ 2 teaspoons fish sauce
- ★ 1 teaspoon crushed garlic
- ★ 1 ½ teaspoons fresh grated ginger
- ★ 2 tablespoons fresh-squeezed lime juice
- ★ 1 teaspoon sesame oil
- ★ Fresh ground pepper to taste

1) Whisk together all marinade ingredients in a small mixing bowl.

★ **Kid Job:** Help to measure and whisk!

2) Add the diced chicken to the marinade and make sure all pieces are coated and covered. Cover the bowl and place in the refrigerator while you dice the pineapple and red bell peppers. If using bamboo skewers, make sure to soak them in water for 15 minutes prior to grilling.

3) Heat your grill over medium-high heat.

4) Prepare the skewers by alternating a pineapple piece, chicken, and bell pepper. Grill the skewers, turning every 3-4 minutes until the chicken is no longer pink in the middle. ★ **Kid Job:** Have your child hand you alternating pieces of the pineapple and bell pepper as you skewer. Kids around 8 and older can assemble the skewers by themselves!

Serves 3-4



Fun, colorful, and tasty, these champion chicken skewers will hopefully become a staple go-to dinner for your family like they are for mine. Serve these with some roasted broccoli tossed in a bit of sesame oil and sea salt and dinner is served in no time!