



Sweet & Sour Chicken Skewers with Rice

Prep Cook Time: 30 minutes

SERVES 4

Ingredients:

½ cup of apple cider vinegar

¼ cup brown sugar

14 oz. Can pineapple chunks, juice reserved

1 tablespoon cornstarch, mixed with 1 tablespoon water

1 red pepper

1 lb boneless skinless chicken breasts

Dash salt & pepper

8 skewers

Rice

Steps

1. If using wooden skewers, be sure to soak them for 30 minutes in water.
2. Put the vinegar, salt, pineapple juice and cornstarch mixture into a small saucepan. Bring to a boil over medium heat, then reduce heat and simmer until the sauce thickens. About 5-10 minutes. Remove from heat and set aside. You can reserve half of the sauce for dipping alongside the skewers.
3. Quarter the red pepper and remove the core and seeds. Slice each quarter into 6 pieces. Cut each chicken breast into 6 pieces.
4. Preheat the grill to a medium heat.
5. One each skewer place 1 chunk of pineapple, chicken breast, red pepper. Repeat. Season skewer with salt & pepper. Grill for 4 minutes on each side. Brush the sauce created on the stovetop all over the skewers and grill an additional 2 minutes per side.
6. Cook rice as directed on box.
7. Serve the skewers over a bed of rice.