Pineapple-Chicken Kabobs

(Serves 4)

Ingredients:
1 ½ chicken breasts boneless, skinless cut in 1-½ inch pieces
1 medium green bell pepper cut in 1-½ inch pieces
1 medium red bell pepper cut in 1-½ inch pieces
1 medium red onion cut in 1-½ inch pieces
2 cups pineapple cut in 1-½ inch pieces
½ cup light balsamic vinaigrette with extra virgin olive oil separated into two-¼ cup servings

Directions:
1. Thread chicken, bell peppers, onion, and pineapple onto 4 skewers.
2. Brush with ¼ cup balsamic vinaigrette.
3. Refrigerate for 1 hour.
4. Heat grill to medium heat. Grill kabobs 12-15 minutes or until chicken is done, turning and brushing occasionally, with a new brush and the other 1/4 cup of balsamic vinaigrette.

Nutrition Information: Calories: 201, Total Fat: 3g, Saturated Fat: 1g, Carbohydrates: 20g, Protein: 21g, Sodium: 261mg

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Recipe modified from www.achieve-life.com

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