

Hawaiian Chicken Skewers

Adapted from Elizabeth's mother-in-law and Cooking Classy

Ingredients:

- 1 lb chicken breast
- 2 red peppers
- 2 red onions
- 1 pineapple (canned or fresh, I prefer fresh)
- 1 1/2 lbs white mushrooms (optional)

For the glaze:

- 2 tbsp brown sugar or honey
- 2 tbsp soy sauce
- 2 tbsp olive oil or sesame oil
- 2 tbsp apple cider vinegar or rice vinegar
- 1/4 cup pineapple juice (from can)
- 3 cloves finely minced garlic
- 1 tbsp finely minced ginger

Directions:

1. Cut all ingredients for skewers into approximately bite-sized pieces/cubes.
2. Mix all ingredients for the glaze together. If desired, use three quarters of the glaze to marinate the chicken in for several hours before making the skewers. If you do this, reserve a quarter of the glaze to brush onto the skewers during and after grilling.
3. Make the skewers, alternating the ingredients (ie chicken piece, pepper piece, onion piece, pineapple piece, mushroom, repeat).
4. Grill the skewers until the chicken is cooked through, rotating them as needed. Brush the glaze onto the skewers as you grill. Reserve a small amount of glaze to drizzle over the skewers directly before serving.