



Cilantro Lime Grilled Chicken Skewers

INGREDIENTS:

4 4oz. Chicken breasts, each breast cut into 6 pc.

1/2 Fresh pineapple, large chunks

16 Wooden skewers, soaked in water

Marinade:

1 Cup Chicken Stock

4 Fresh limes juice and zest

1/4 Cup Fresh chopped cilantro

1 Tsp. Minced garlic

1 Tbl. Extra virgin olive oil

1/2 Tsp. Crushed red pepper

1/2 Tsp Salt

1/4 TSP. GROUND PEPPER

PREPARATION:

- Combine first 7 ingredients for the marinade, reserve.
- Prepare chicken and pineapple, skewer alternating chicken and pineapple.
- Lay skewers in a single layer cover with marinade wrap and chill, allow marinating for 30 minutes to 2 hours.
- Remove skewers from marinade, grill skewers.

Number of Servings: 4

Calories: 170

Fat: 4

