

Hawaiian Veggie Skewers

Items Needed: Grill, Tonges, Cutting Board, Knife, Ziploc Bag

Serves: 6-8

Ingredients:

Skewer Ingredients:

- Long Wooden Skewers
- 1 lb of chicken breasts cut into large chunks or 1 block of extra firm tofu. (You could also use a combination of both if you prefer.)
- 3 bell peppers of varying colors
- 1 pineapple
- 1 red onion
- 1 medium zucchini or yellow squash
- Salt and pepper to taste

Marinade/Sauce:

- 2 tbsp vinegar (preferably rice wine or white vinegar.)
- ¼ cup olive oil
- 1 tbsp sesame oil (optional)
- 2 gloves of garlic minced
- 1 tsp grated ginger
- 2 tbsp honey
- 1 tsp mustard
- ¼ cup low sodium soy/tamari sauce
- ¼ cup pineapple juice
- For a kick add: red pepper flakes, sriracha, or a pinch of cayenne.
- Salt and Pepper to taste

Directions:

1. Begin by making the marinade/sauce: In a mixing bowl combine the vinegar, garlic, ginger, honey and mustard. Add the soy sauce and juice, and a pinch of salt and pepper, whisk together and slowly stream in your oil until well combined and



2. Break down the chicken and tofu into large chunks that will fit easily on the grill without falling through the grates. In a Ziploc bag, place half of the sauce and place the protein options in to marinade.
3. Soak skewers 30 minutes prior to assembly, light grill and bring to medium-high heat.
4. Cut your peppers, pineapple, onion and zucchini into large chunks that are similar in size to the proteins. Toss lightly in a little bit of the marinade.
5. Place one of each of the veggies and proteins on the skewers in whatever pattern you prefer.
6. When all Skewers are loaded with your veggies and proteins, oil the grill grates and place the skewers on the grill.
7. Cook for 4-5 minutes on each side or until the chicken is cooked through and no longer pink. The tofu just needs to be warmed throughout and having a little grill mark/caramelization is what we are looking for.
8. Serve over a whole grain and top with the remaining sauce and enjoy!

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