

Dole

Easy Barbecue Kabobs

Ingredients

1 can (20 oz.) DOLE® Pineapple Chunks, drained
1/3 cup bottled barbecue sauce
1 pound boneless, skinless chicken breasts, cubed or
1 pound jumbo shrimp, peeled and deveined
1 DOLE Red or Green Bell Pepper, cut into cubes
1 zucchini, sliced

Directions

Drain pineapple chunks; reserve 2 tablespoons juice.
Stir together reserved juice and barbecue sauce in small bowl; set aside.
Thread pineapple chunks, chicken, bell pepper and zucchini onto skewers. Brush with barbecue sauce.
Grill or broil kabobs 10 to 15 minutes or until chicken is no longer pink, turning and brushing occasionally with barbecue sauce. Discard any remaining barbecue sauce. Serve with coleslaw and green beans, if desired.

Nutrition Breakdown Per Serving:

Calories 278
Total Fat 5 g
Saturated Fat 1 g
Cholesterol 96 mg
Sodium 258 mg
Potassium 18 %
Total Carbohydrate 22 g
Dietary Fiber 2 g
Sugars 18 g
Protein 37 g
Vitamin A 22 %
Vitamin C 126 %
Calcium 4 %
Iron 11 %
Folate 7 %