

## LiveWell

# Grilled chicken and vegetable kebabs

Yield: 6 servings



### Ingredients:

1 teaspoon chili powder  
1 teaspoon smoked paprika  
2 teaspoons onion powder  
2 teaspoons garlic powder  
2 teaspoons cumin  
2 teaspoons brown sugar, packed  
¼ teaspoon salt  
1 pound chicken breast, cut into 12 pieces  
1 medium red onion, cut into 12 large pieces  
1 green bell pepper, stem and seeds removed, cut into 12 pieces  
1 yellow bell pepper, stem and seeds removed, cut into 12 pieces  
12 grape tomatoes  
12 chunks of pineapple  
Vegetable oil cooking spray

### BBQ Sauce:

8-ounce can no-salt-added tomato sauce  
¼ cup apple cider vinegar  
2 Tablespoons brown sugar  
1 Tablespoon Worcestershire sauce  
1 teaspoon garlic powder  
1 teaspoon onion powder  
1 teaspoon chili powder

### Directions:

1. Preheat oven to 400° F or heat grill to medium-high heat. If using wood skewers, soak them in water for 30 minutes to prevent them from burning.
2. In a small bowl, combine chili powder, smoked paprika, onion powder, garlic powder, cumin, brown sugar, and salt.
3. Place chicken pieces in a bowl, and red onion, bell peppers, tomatoes, and pineapple in a separate bowl. Add half the spice mix to each bowl and mix to coat the chicken and the vegetable pieces. Allow to sit for 10-20 minutes while you make the BBQ sauce.
4. Place a medium saucepan over medium heat and add all sauce ingredients, stirring to combine. Bring to a boil, then reduce heat and simmer for 5-10 minutes. Remove from heat and set aside.
5. Using 6 long skewers, spear vegetable pieces and chicken until everything has been used (2 pieces of each item on each skewer). Divide the sauce, placing half in a small bowl and setting the other half aside.
6. Using a pastry brush, coat each skewer with sauce. Make sure to use up or discard any sauce that was in contact with the brush that touched the raw chicken.
7. Coat grill or pan with vegetable oil spray, and place skewers on it. Cook in oven or on grill until chicken reaches an internal temperature of 165° F, about 20 minutes. When done, use a clean brush to coat skewers with remaining sauce. Serve warm, using any extra sauce for dipping.

### Nutrition information per serving:

Calories: 204  
Fat: 2.5 grams  
Saturated fat: 0.5 grams

Cholesterol: 55 mg  
Sodium: 204 mg  
Carbohydrates: 25 grams

Fiber: 4 grams  
Protein: 20 grams

Food exchanges:  
2 carbohydrate, 2 protein,  
1 vegetable

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