



SEPTEMBER | CAPTAIN TAYLOR VOSS

**KEEP
CALM
AND
COOK
ON**

TERIYAKI CHICKEN KABOBS

SERVES 4-6 | TIME: 1 Hour

INGREDIENTS

- 1 lbs. of chicken (breast or thigh)
- 1 cup of Lawry's Teriyaki Marinade with Pineapple Juice; plus ¼ cup reserve for drizzle
- 1 large sweet onion
- 1 red bell pepper
- 1 green bell pepper
- 1 can of pineapple chunks
- 1 pack of wooden skewers

DIRECTIONS

Soak skewers in bowl of water for at least 1 hour. While skewers are soaking, cube chicken, 1.5" pieces; slice vegetables and pineapple, 1.5" pieces. Add chicken and marinade to large bowl. Let sit for thirty minutes in refrigerator. Add vegetables and pineapple to skewers, alternating each food (onion, bell pepper, pineapple, etc.), then set aside. Add meat to separate skewers from vegetables and fruit, meat takes longer to cook. Set BBQ for 325 degrees. Once temperature is reached add chicken skewers to BBQ and rotate skewers intermittently until meat is 165 degrees. Add Vegetable/Fruit skewer approximately 5-10 minutes later, and cook until edges begin to blacken/crisp. Use the reserve marinade to ALL the skewers. Serve over a bed of Jasmine rice.



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P.O. BOX 1200, COSTA MESA
CALIFORNIA 92628-1200