

RECIPE OF THE WEEK: PALEO EDITION

Fruity Chicken Skewers

Ingredients:

Bamboo skewer sticks
Boneless skinless chicken breast (1-inch cubed, 170 g) 6 oz
Pineapple (1-inch cubed) 3 pieces
Apple (core removed, 1-inch cubed) 3 pieces
Red pepper (cut into large pieces) 3 pieces
Onion (cut into large pieces) 3 pieces
Butter (melted) 1 tbsp
Ginger ½ tsp
Salt ¼ tsp
Chili powder ¼ tsp

Instructions:

Preheat oven to 350°F. Carefully slide ingredients onto the skewer using lots of chicken. (For example, chicken-pineapple-chicken- apple-chicken-red pepper-chicken-onion-chicken). Continue making skewers until the chicken is used up. Combine melted butter, ginger, salt and chili powder in a small bowl. Place the skewers on a baking tray or in a casserole dish and then brush with the butter mixture on all sides. Place skewers in the oven and bake until chicken is cooked through (12-15 minutes). You can check the doneness of the chicken by tearing a piece in half. Serve and enjoy!
Serves 1 large or 2 small.

Nutritional Info (per serving)

(per serving)	large	small
Calories (k/cal)	369.0	184.5
Fat (g)	14.0	7.0
Carbohydrates (g)	20.1	10.1
fiber (g)	2.7	1.4
sugars (g)	12.9	6.5
Protein (g)	40.7	20.4

Prep Time: 25 minutes

Servings: 1 large or 2 small

Compliments of *Gourmet Nutrition* by Dr. John M. Berardi and Dr. John K. Williams

