

BBQ PINEAPPLE CHICKEN KABOBS

yield: **6 SERVINGS** *prep:* **2 HOURS 30 MINUTES** *cook:* **20 MINUTES**
total: **2 HOURS 50 MINUTES**

So saucy, so sticky, and just so darn good! The chicken is perfectly tender with chunks of fresh pineapple, pepper and onion!

★★★★★ *5 stars (30 ratings)*

INGREDIENTS

- **2/3 cup** barbecue sauce
- **2/3 cup** teriyaki sauce
- **3 cloves** garlic, *minced*
- **1 tablespoon** freshly grated ginger
- **2 pounds** boneless skinless chicken breasts, *cut into 1-inch chunks*
- **2 cups** fresh pineapple chunks
- **1** red bell pepper, *cut into 1 1/2-inch pieces*
- **1** sweet onion, *cut into 1 1/2-inch pieces*
- **2 tablespoons** canola oil
- Kosher salt and freshly ground black pepper, *to taste*

INSTRUCTIONS

- 1** In a medium bowl, combine barbecue sauce, teriyaki sauce, garlic and ginger. Reserve 1/2 cup and set aside.
- 2** In a gallon size Ziploc bag or large bowl, combine barbecue sauce mixture and chicken; marinate for at least 2 hours to overnight, up to 8 hours, turning the bag occasionally. Drain the chicken from the marinade.
- 3** Thread chicken, pineapple, bell pepper and onion onto skewers. Brush with canola oil; season with salt and pepper, to taste.
- 4** Preheat grill to medium heat.
- 5** Add skewers to grill, and cook, turning occasionally, until the chicken is completely cooked through, reaching an internal temperature of 165 degrees F, about 10 minutes. Brush skewers with reserved barbecue sauce mixture, cooking for an additional 1-2 minutes.
- 6** Serve immediately.

This **BBQ Pineapple Chicken Kabobs** recipe is brought to you by **DAMN DELICIOUS**

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