
Pineapple Chicken Kabobs

I love grilled food...but am FAR from being a grilling expert...I tried doing kabobs for the first time the other day and totally charbroiled them. I attempted a second try last night with some fantastic suggestions from my mother-in-law and husband and their advice proved to be great!

I will try to explain what I did the first time [wrong], so you can try to avoid the same mistakes. I cooked the kabobs on medium-high heat for 12 minutes and had laid them on the grate vertically (parallel to the grate). They stuck to the grate horribly (food was left on the grate after I picked up the kabob) and they were black on the side that was down. Now, if you can cook kabobs on medium-high heat and they turn out for you, that is fantastic—do it the way that works for you. I, on the other hand, can't avoid charbroiling anything I cook with direct heat. My husband suggested I use my grill basket to set them in and my mother-in-law (who grills AMAZING steaks) suggested cooking them with indirect heat. Result? Success! And now I am excited to share this recipe with you and hope that you enjoy it!

Pineapple Chicken Kabobs

Kabob Ingredients:

3-4 boneless, skinless chicken breasts

1/2 – 1 pound bacon

1 can of pineapple chunks

Veggies (I think mushrooms, onions and peppers would be good, but didn't have any on hand so skipped doing veggies)

Marinade Ingredients:

3 Tbsp. coconut aminos (this is a soy-free substitute for soy sauce—I use Coconut Secret brand)

3 Tbsp. apple cider vinegar

2 Tbsp. raw honey

2 Tbsp. olive oil

1 garlic clove, crushed

Directions:

1. Cut chicken into 1 inch cubes.
2. Combine coconut aminos, apple cider vinegar, honey, oil and garlic in a small bowl and blend well.
3. Put chicken (and veggies, if marinating) into dish and pour marinade over top of the chicken. Stir to coat. Cover and refrigerate for at least 1 hour.
4. Cut bacon strips in half so you have shorter lengths to work with.
5. Wrap chicken chunks in bacon and put skewer through both bacon and chicken so bacon is secure. Alternate with pineapple chunks and veggies, as desired.
6. Preheat grill burners over high heat (my grill has 3 burners). Clean off grill, turn off middle burner, and turn down front and back burners to medium or medium-high heat.
7. Place kabobs perpendicular to the grate over the middle burner (which is off). (This is where I had them in a grill basket.)

8. Cook for 10 minutes. Use tongs to turn kabobs over and cook another 10-15 minutes or until chicken juices are clear and bacon is crispy. Enjoy!!

*Note: The amount of bacon and pineapple is not clearly defined in the ingredients because it just depends on how much you want to use. I alternated this way: chicken wrapped in bacon, pineapple, chicken, pineapple, chicken wrapped in bacon, etc., but get creative and tell me what other foods you tried with yours!

This recipe was shared on [Allergy-Free Wednesdays](#), [Proverbs 31 Thursday Link-Up](#), [Pennywise Platter](#) and [Superfood Sundays](#)!

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