

# Pineapple Glazed Chicken Skewers

## INGREDIENTS:

- 1 cup pineapple, diced
- ¼ cup extra-virgin olive oil
- 3 cloves garlic, minced
- 1 T ginger, minced
- Juice of 1 lemon
- 1 tsp. salt
- 1 T cilantro, minced
- 3 chicken breasts
- 3 cups pineapple, cut into chunks

## PROCESS:

- Combine diced pineapple, olive oil, garlic, ginger, lemon juice, and salt in a small bowl.
- Puree mixture in a blender or food processor.
- Pour back into the small mixing bowl, and stir in the minced cilantro, set aside to use as glaze during grilling.
- Preheat grill to medium-high heat.
- Skewer pieces of chicken and pineapple on metal or pre-soaked bamboo skewers.
- Grill skewers for 12-15 minutes, turning every 4-5 minutes. Brush the chicken with the pineapple glaze periodically while grilling.
- Garnish skewers with chopped cilantro, and serve.

Enjoy!

From: Make it Paleo