

Quick Chicken Kabobs

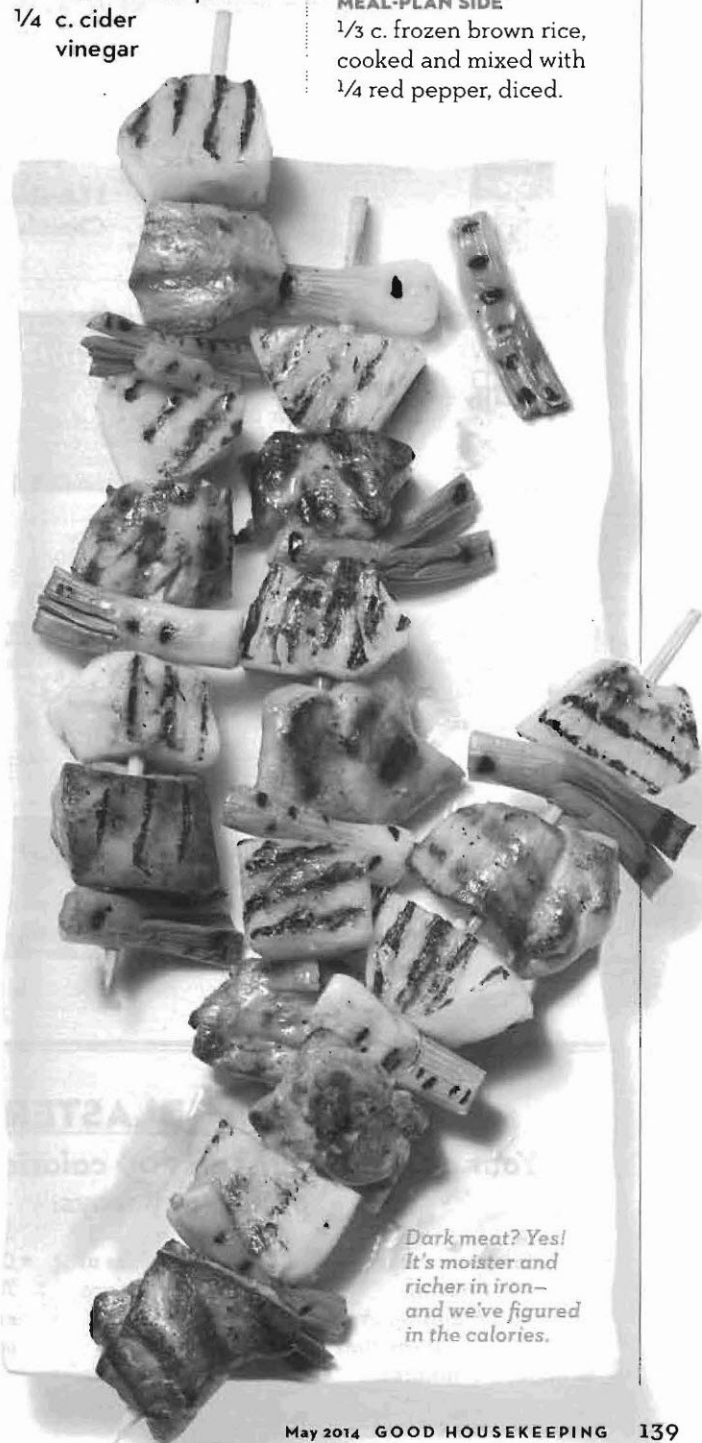
SERVES 4

- 1 lb. boneless, skinless chicken thighs, cubed
- 3 Tbsp. olive oil
- 2 Tbsp. soy sauce
- 3 c. cubed pineapple
- 1 bunch green onions, cut into 1-in. pieces
- 1/4 c. cider vinegar

Toss cubed chicken thighs, oil and soy sauce; thread on soaked wooden skewers, alternating with cubed pineapple and green-onion pieces. Grill on med.-high, basting with cider vinegar, 10 min. or until chicken is cooked through (165°F), turning over once.

MEAL-PLAN SIDE

1/3 c. frozen brown rice, cooked and mixed with 1/4 red pepper, diced.



Dark meat? Yes! It's moister and richer in iron—and we've figured in the calories.