



Teriyaki Orange Chicken Kebabs



1/4th of recipe (2 kebabs): 217 calories, 3.5g total fat (0.5g sat fat), 744mg sodium, 18g carbs, 1.5g fiber, 12g sugars, 29g protein

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

Prep: 20 minutes **Cook:** 15 minutes

Marinate: 1 hour



More: [Lunch & Dinner Recipes](#), [Recipes for Sides, Starters & Snacks](#), [Four or More Servings](#)

Ingredients

1 lb. raw boneless skinless chicken breast, cut into 1-inch cubes (about 24 cubes)
1/4 tsp. garlic powder
1/8 tsp. each salt and black pepper
6 tbsp. thick teriyaki marinade or sauce
3 tbsp. orange juice
24 one-inch zucchini chunks (about two 8-oz. zucchini)
16 medium baby bella mushrooms
16 pineapple chunks (fresh or previously packed in juice)

Directions

Season cubed chicken with garlic powder, salt, and pepper, and place in a large sealable container (or bag). In a small bowl, mix 3 tbsp. teriyaki sauce with 2 tbsp. orange juice. Add to the container, and thoroughly coat chicken. Seal, and refrigerate for 1 hour.

If using wooden skewers, soak them in water for 20 minutes to prevent burning. (You'll need eight.)

Alternately thread chicken, veggies, and pineapple onto eight skewers, tightly packing the pieces together. Discard excess marinade.

Bring a grill sprayed with nonstick spray to medium-high heat. Grill kebabs for 6 minutes with the grill cover down.

Flip kebabs. With the grill cover down, grill for 6 more minutes, or until chicken is cooked through.

In a small bowl, thoroughly mix remaining 3 tbsp. teriyaki sauce with remaining 1 tbsp. orange juice. Drizzle over kebabs.

MAKES 4 SERVINGS

HG Alternative: No grill? No problem. Use a nonstick grill pan on the stove (like [this fantastic find on Amazon](#)), and adjust cook times as needed.

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.