



# 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

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

**Marinate:** 1 hour



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## 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.

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