

Skewered Shrimp, Chicken, and Pineapple with Honey-Orange Dipping Sauce

Serves: 8

Skewers

12 large shrimp (31-40 count, about 6 oz.) cleaned, de-veined, tails on
4 skinless, boneless chicken breasts, cut into 1 ½ -inch cubes
2 cups pineapple chunks
2 Tbsp. pineapple juice
½ tsp. garlic sauce
Wooden skewers, soaked in water

Sauce

2 tsp. cornstarch
¼ tsp. lemon juice
1 cup orange juice
2 Tbsp. honey
1 dash pepper

To prepare skewers:

Thread shrimp, chicken, and pineapple on water-soaked wooden skewers, alternating shrimp and chicken with pineapple chunks. Place in shallow dish and sprinkle with pineapple juice.

Heat grill to medium. Place skewers on grill surface and sprinkle with garlic salt. Cook 2 to 3 minutes per side until shrimp turn pink and chicken is completely cooked through. Remove from grill and place on a serving platter.

To prepare sauce:

Dissolve cornstarch in lemon juice.

In a small saucepan, stir together orange juice, honey, and pepper. Bring to a boil and stir in cornstarch mixture.

Cook 2 to 3 minutes until thickened. Remove from heat. Serve skewers with dipping sauce.

Per serving: 200 calories, 2 g fat.