

Calypso Chicken and Peppers



PREPARATION TIME
20 minutes



COOKING TIME
15 minutes



PERFECT PARTNER
wild rice



Orange bell peppers may be unavailable or too expensive to buy. If so, substitute red or yellow bell peppers for an equally appealing presentation.

SHOPPING LIST

- pineapple chunks
- limes • fresh ginger
- chicken • bell peppers

ON HAND

- garlic salt

INGREDIENTS

- 1 (20-ounce) can pineapple chunks
- 1/4 cup lime juice
- 1/4 teaspoon garlic salt
- 1 tablespoon finely grated ginger or 1 teaspoon dried ginger
- 4 skinless, boneless chicken breasts (about 4 ounces each)
- 1 large green bell pepper, cut into 1-inch pieces
- 1 large orange bell pepper, cut into 1-inch pieces

SERVES **4**

COOKIN' *Express*

• No need to peel fresh ginger—grate it with a hand grater. The meaty flesh goes through the holes, while the skin remains behind.

Make Ahead

Prepare skewers through step 3 up to 4 hours ahead. Refrigerate, wrapped in plastic wrap, until ready to grill.

♦ VARIATION

Enhance the flavor by adding 1-inch squares of white onion to the kebabs.

1 Preheat grill. Drain pineapple, reserving juice. Mix reserved juice, lime juice, garlic salt and ginger in a bowl. Pour into a resealable plastic bag.



2 Pierce chicken with a fork; cut into bite-size pieces. Place in prepared bag; seal. Refrigerate chicken, turning bag occasionally.

3 Drain chicken. Alternately thread chicken, pineapple and bell peppers on 4 metal skewers.



4 Grill kebabs, turning frequently, until juices run clear when chicken is pierced with a knife, about 15 minutes.