



SERVING UP

Savings!

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SERVES 4 for \$3
PER SERVING

KEY INGREDIENT SHOPPING LIST

- 1 lb. Perdue Skinless and Boneless Chicken Breast lb. \$2.99
- 1 Fresh Pineapple\$2.99
- 2 each Red and Green Bell Peppers each \$1.00
- 1 (12-ounce) bottle Lawry's Caribbean Jerk Marinade.....\$1.50

PRICES EFFECTIVE 6-25-09 THROUGH 7-1-09

Caribbean Chicken Kabobs

- 1 lb. Perdue Skinless and Boneless Chicken Breast, cubed
- 1/2 Fresh Pineapple, cored and cut into 1-inch chunks
- Red and Green Bell Peppers
- 3/4 cup Lawry's Caribbean Jerk Marinade

Cooking Instructions:

Combine chicken with 1/2 cup marinade in a large resealable plastic bag and refrigerate for at least 30 minutes. Reserve 1/4 cup marinade for basting.

Remove chicken from marinade and alternate chunks of chicken and pineapple on skewers. Discard remaining marinade. To prepare bell peppers, simply slice in half and remove seeds and stems.

Spray cool grill with nonstick cooking spray, specially made for grilling. Preheat grill to medium-heat. Grill kabobs for about 15 minutes, basting with reserved marinade and turning occasionally. Place bell peppers cut side down on grill, turning midway through cooking to achieve grill marks on both sides. Kabobs are done when juices run clear in the thickest chicken piece, and a meat thermometer reads 170° F, and peppers are tender.

Total prep time (including marinating): 45 minutes

Serving Suggestion: Serve atop a bed of whole grain brown rice.

Recipe and photo courtesy of Perdue®.

