

# **Chicken Kabobs with Pear and Pineapple Relish**

Recipe Courtesy of Chef Darryl "DAS" Smith

## **Ingredients**

- 2 - 8 oz Boneless Skinless Chicken Breast
- 1 Green Bell Pepper
- 1 Red Bell Pepper
- 1 Yellow Onion
- 1 pack Cherry Tomatoes
- 1 pack 6 inch wooden skewers
- 1 tsp Salt
- 1 tsp Black Pepper

## **Method**

1. Dice chicken and vegetables (peppers and onions) into medium-sized cuts.
2. Assemble chicken and vegetables onto skewers in chicken-veggie-chicken-veggie format. Finish each skewer with 1 cherry tomato.
3. Season kabob with salt and pepper.
4. Sear kabobs on flattop grill or saute pan over medium heat, 3 minutes each side or until golden brown color.
5. Finish kabobs in preheated 350 degree oven until chicken juice runs clear (no longer than 12 minutes).