

Prep time: 10-30 minutes | Cook time: 35 minutes | Serves 6-8

Family meals are all about getting the most out of spending time together, while nourishing your bodies with flavorful, nutritious foods. Prepare tangy chicken skewers and rice pilaf as a family and get creative with suggested variations with this recipe from Chef Lovely.

# Ingredients

### FOR THE CITRUS CHICKEN SKEWERS:

- 2 lb. Boneless chicken thighs (*Variations: chicken breasts, extra-firm tofu, or other protein of choice*)
- 2 Bell peppers, any color (*Variations: mushrooms, pre-boiled potatoes, and cherry tomatoes*)
- 1 Red onion (Variations: white or yellow onion)
- 1/4 Cup orange juice
- 1/4 Cup lemon juice
- 1/4 Cup lime juice
- 3 Tablespoons olive oil
- 3 Cloves garlic, minced or finely chopped
- 1/4 Cup fresh cilantro, finely chopped (*Variations:* parsley, rosemary, or chives)
- 2 Tablespoons honey
- Salt and pepper to taste

#### FOR THE PINEAPPLE RICE PILAF:

- 2 Cups cooked rice
- 1 Cup pineapple (Variations: canned pineapple or fresh mango)
- 1/4 Cup lime juice
- ½ Cup cilantro, chopped
- Salt and pepper to taste



# Citrus Chicken Skewers & Pineapple Rice Pilaf

## Instructions

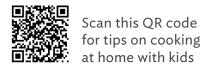
### **PREP STEPS**

- Soak wooden skewers in water.
- 2. Whisk marinade ingredients in a medium bowl: orange juice, lemon juice, lime juice, olive oil, garlic, honey, salt, and pepper.
- Finely chop cilantro, including the stems, and add to marinade. Set aside.
- **4.** Cut bell peppers into 1-inch pieces, discarding any seeds.
- 5. Cut onion into 1-inch pieces, discarding papery layer.
- 6. Cut chicken thighs into 1-inch pieces and place chicken in the marinade. Cover and refrigerate for at least 20 minutes for fuller flavor. If you're short on time, marinade for 10 minutes.
- **7.** Preheat oven to 375 degrees F.

### **ASSEMBLING AND COOKING**

- 8. If you are starting with dry rice, start steaming your rice while the chicken marinades, following instructions on the packaging.
- 9. To assemble, alternate adding pieces of the marinaded chicken, onion, and bell pepper to each skewer, about two-three pieces of each, depending on the length of each stick

- 10. Lay assembled skewers on a sheet pan so they do not touch each other.
- 11. Cook uncovered at 375 degrees F for 20 minutes.
- 12. After 20 minutes, turn chicken skewers over and cook for another 10-15 minutes until cooked through (165 degrees F in the center) and caramelized on the edges.
- 13. While chicken skewers are back in the oven, chop fresh or canned pineapple into small pieces.
- **14.** Add pineapple, lime juice, cilantro, and salt and pepper to cooked rice and stir over low heat until heated through.
- 15. When chicken skewers are done, remove from oven and serve over rice pilaf. Add a spritz of citrus juice and a pinch of fresh cilantro to finish. Enjoy!



<sup>\*</sup>Adapted from Chef Lovely's recipe, demonstrated on KLCS-TV 2023