

Citrus Chicken Skewers & Pineapple Rice Pilaf

*Adapted from an original recipe by Chef Lovely**

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*)
- ¼ Cup orange juice
- ¼ Cup lemon juice
- ¼ Cup lime juice
- 3 Tablespoons olive oil
- 3 Cloves garlic, minced or finely chopped
- ¼ 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*)
- ¼ Cup lime juice
- ½ Cup cilantro, chopped
- Salt and pepper to taste



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Instructions

PREP STEPS

1. 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.
3. 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, marinate for 10 minutes.
7. Preheat oven to 375 degrees F.
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!

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 marinated chicken, onion, and bell pepper to each skewer, about two-three pieces of each, depending on the length of each stick.

*Adapted from Chef Lovely's recipe, demonstrated on KLCS-TV 2023

