



These delicious chicken skewers are adapted from a recipe on the Dole website. When you make the curry powder for this recipe, keep the leftovers to use in other recipes calling for curry powder!



Island Chicken Sticks

8-9 metal or wooden skewers
4 boneless, skinless chicken breasts
1 cup Dole crushed pineapple in 100% juice
1/3 cup SCD legal peanut butter (peanuts and salt only)
3 Tbs. honey
1 Tbs. lime juice
1½ tsp. SCD curry powder*
½ tsp. ground ginger

***Curry Powder Recipe:**

Mix the following spices together in a small glass jar: (Save extra for other recipes.)

4 tsp. ground cumin seeds
4 tsp. ground coriander seeds
4 tsp. turmeric
1 tsp. cinnamon
½ tsp. nutmeg
½ tsp. cayenne
½ tsp. black pepper
½ tsp. ground cloves
½ tsp. ground cardamom

Soak wooden skewers, if using, covered in water for 30 minutes. Cut chicken into strips 1/2 inch wide and about 3-4 inches long. Thread two to three strips of meat onto each skewer. Arrange skewers on broiler pan which has been greased with oil.

Drain pineapple, reserving 1/4 cup of juice. Combine crushed pineapple, reserved juice, peanut butter, honey, lime juice, curry powder and ginger in a blender container. Cover; blend until smooth. Reserve ¾ cup sauce for dipping; set aside.

Brush part of the remaining pineapple sauce over chicken. Broil chicken 4 inches from heat for about 10-12 minutes, turning once and brushing with sauce or until meat is no longer pink. Discard any remaining sauce used during grilling. Serve chicken with reserved pineapple sauce for dipping.