

Chicken, Pineapple and Tomato Kabobs

1 lb chicken breast tenderloin
1 fresh pineapple cut into chunks
1 container cherry tomatoes
2 tbsp Italian seasoning
1 tsp salt (kosher) (or to taste)
¼ tsp Lawrys season salt
1 tsp paprika
1 tbsp black pepper (or to taste)
1 tbsp cumin
3 tbsp extra virgin olive oil
Wooden Skewers

Marinade/Drizzle (optional)

¼ cup Low Sodium Soy Sauce
¼ cup ginger paste
½ cup pineapple juice
3 tbsp brown sugar

Instructions:

1. Cut up tenderloins into chunks and season with Italian seasoning, salt, season salt paprika, black pepper, cumin.
2. Pierce each chunk of chicken 1 – 2 times with knife/fork to ensure even cooking.
3. Mix seasonings to combine and set chicken aside
4. Wash cherry tomatoes and set aside
5. Cut pineapple into chunks and set aside
6. Heat pan to medium heat and add olive oil. Add seasoned chicken and cook.
7. Pieces should be browned and golden prior to taking out of the pan.
8. Once chicken has cooled, start to assemble kabobs.
9. Place one tomato, followed by a pineapple chunk and then a piece of chicken
10. Continue assembling until all pieces have been used.
11. Mix soy sauce, ginger paste, pineapple juice and brown sugar until all items have been incorporated and drizzle over skewer.
12. Enjoy!

Quick and Easy Spanish Rice

Serves 6-8

1 c. uncooked long grain white rice
3 tbsp. olive oil
3 cloves garlic, minced
1/2 can tomato paste

3 tbsp. cumin
2 tsp. chili powder
1 tsp. paprika
1 tsp. black pepper
1 tsp. garlic powder
1 tsp. onion powder
1 tsp salt
1 (14.5oz) can diced fire roasted tomatoes with green chilies
½ (8oz) can tomato sauce
1 (14.5oz) can low sodium chicken broth
½ cup of chopped green/spring onions

Directions

1. Cook rice according to package directions. Set aside.
2. In large pan set over medium high heat, add olive oil. When the oil is hot, add cumin stirring until fragrant.
3. Add tomato paste and stir in
4. Add ½ can of chicken broth-stir well until all items are incorporated.
5. Lower heat
6. Add rice to pan and stir together until cumin, tomato paste and chicken broth are well combined.
7. Add can of fire roasted tomatoes, chili powder, paprika, salt, black pepper, onion powder and garlic powder-stir well.
8. When all items have been mixed well together. Remove from pan and plate.
9. Garnish with green/spring onion
10. Eat while hot