

## Chicken Oriental Kabobs

### Ingredients:

8 boneless, skinless chicken breasts, cut into chunks  
8 fresh mushrooms to taste black pepper  
8 whole white onions, parboiled  
2 oranges, quartered  
8 canned pineapple chunks, non sweetened  
8 cherry tomatoes  
1 can (6 oz) frozen, concentrated apple juice, thawed  
1 C dry white wine  
2 Tbsp soy sauce, low Sodium dash ground ginger  
2 Tbsp vinegar  
1/4 C vegetable oil

### Preparation:

Sprinkle chicken breasts with pepper.

Thread 8 skewers as follows: chicken, mushroom, chicken, onion, chicken, orange quarter, chicken, pineapple chunk, cherry tomato. Place kabobs in shallow pan

Combine remaining ingredients and spoon over kabobs. Marinate in refrigerator for at least 1 hour, then drain.

Broil kabobs 6 inches from heat for 15 minutes for each side. Brush with marinade every 5 minutes. After done, discard leftover marinade and serve kabobs.

*Yields: 8 servings Nutritional Information per Serving: Calories: 359 Total Fat: 11 saturated Fat: 2 cholesterol: 66 mg Sodium: 226 mg Total Fiber: 3 protein: 28 g Carbohydrates: 34 g Potassium: 756g*