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# Grilled Hawaiian Chicken Kabobs



Recipe by Splenda® | Photo by Splenda®

These grilled Hawaiian chicken kabobs are a must-have at your next cookout with family and friends. With all those colors, they are sure to brighten up the picnic table. They're not only eye-catching—they're great for boosting your protein, fruit, and vegetable intake for the day! The key ingredient in the sweet and tangy marinade for these kabobs is zero-calorie Splenda® Granulated Sweetener.

🕒 1 hr and 15 min prep time   🍳 1 hr and 30 min cook time   🍴 10 servings   🍴 1 Kabob

## Step-By-Step Instructions:

1. Soak 10 wooden skewers in water for at least 30 minutes.
2. Meanwhile, place chicken in a large zip-close bag. Add oil, soy sauce, vinegar, Splenda Granulated Sweetener, lemon juice, garlic, ginger, and jalapeño. Massage mixture into chicken to cover completely. Marinate at room temperature for at least 1 hour or refrigerate overnight.
3. Remove chicken from marinade. Bring marinade to a boil and set marinade aside for brushing kabobs while grilling.

4. Thread skewers with chicken, pineapple, red onion, and bell peppers, alternating ingredients evenly.
5. Heat grill to medium heat. Grill kabobs, flipping occasionally and brushing with reserved marinade until fully cooked, about 10–15 minutes. Serve and enjoy.

## Nutrition Facts

10 Servings

Serving Size 1 Kabob

Amount per serving

**Calories 120**

% Daily value\*

**Total Fat** 3g 4%

Saturated Fat 0.7g 4%

Trans Fats 0g

**Cholesterol** 40mg 13%

**Sodium** 90mg 4%

**Total Carbohydrate** 8g 3%

Dietary Fiber 1g 4%

Total Sugars 5g

Added Sugars 0g 0%

**Protein** 15g

**Potassium** 300mg 6%

## Ingredients

boneless, skinless chicken 1 1/2  
breasts (cut into 1-inch pieces) lbs

olive oil 1 tbsp

soy sauce (lowest sodium  
available) 1 tbsp

rice wine vinegar 1 tbsp

Splenda® Granulated  
Sweetener 1 tbsp

lemon (juiced) 1/2 whole

garlic (cloves minced) 2 clove

Knob Ginger (peeled,  
minced) 1 whole

jalapeño pepper (seeded,  
minced) 1 whole

Fresh Pineapple (chunks) 10 oz

red onion (medium size, cut  
into 1-inch pieces) 1 med

bell peppers (red and green,  
cut into 1 inch pieces) 2  
whole

# Taste of Home



## Pork Kabobs

**Total Time** Prep: 15 Min. + Marinating  
Grill: 15 Min.

**Yield** 8 Servings



Test Kitchen Approved

Juicy and easy to prep, these pork kabobs are a tasty addition to the weekly lineup or for entertaining guests with minimal time in the kitchen.

## Ingredients

- 2 cups plain yogurt
- 2 tablespoons lemon juice
- 4 garlic cloves, minced
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 2 pounds pork tenderloin, cut into 1-1/2-inch cubes
- 8 small white onions, halved
- 8 cherry tomatoes
- 1 medium sweet red pepper, cut into 1-1/2-inch pieces
- 1 medium green pepper, cut into 1-1/2-inch pieces
- Salt and pepper to taste

## Directions

- 1 In a shallow dish, combine yogurt, lemon juice, garlic, cumin and coriander. Add pork and turn to coat; cover and refrigerate 6 hours or overnight.
- 2 Alternate pork, onions, tomatoes and peppers on 8 metal or soaked wooden skewers. Sprinkle with salt and pepper. Grill, covered, over medium heat until meat juices run clear, 15-20 minutes, turning occasionally.

## Nutrition Facts

1 kabob: 190 calories, 5g fat (2g saturated fat), 67mg cholesterol, 63mg sodium, 11g carbohydrate (7g sugars, 2g fiber), 25g protein. **Diabetic Exchanges:** 3 lean meat, 1 vegetable, 1/2 fat.

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This recipe was originally for lamb, but I adapted it to pork and adjusted the spices. It's always requested when the grill comes out for the season. —Bobbie Jo Miller, Fallon, Nevada

RECIPE CREATOR

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