



Easy Teriyaki Kabobs

(slightly modified version from Fresh Fast and Fabulous haded out at Sam's Clubs)

2 to 3 lbs of boneless chicken breast cut into small pieces or shrimp peeled and deveined
1 Can (20 oz) Pineapple chunks use the juice to make the marinade
1 Green pepper, cut into pieces large enough to fit on skewer
1 red pepper, cut into pieces large enough to fit on skewer

Teriyaki Marinade - Gluten & Casein Free

2/3 Cup GF CF Teriyaki Sauce (I use Louisiana Supreme Teriyaki Sauce & Marinade)
1/4 Cup Pineapple Juice
1/4 Cup Vegetable Oil

Mix together. Reserve any marinade you want to use to brush on while grilling. and pour remainder over meat. Allow to marinate for at least an hour

After meat has marinated Cut up pepper and finish draining pineapple. Stick on a kabob skewer alternating ingredients. Grill turning part way through until reaches desired doneness. I cooked the chicken between 15 and 20 minutes

<http://www.lincolntent.com/GlutenFreeCaseinFree-Meatless.html>

or

<http://www.lincolntent.com/GlutenFreeCaseinFree-Chicken.html>