

Easy Grilled Chicken Kebabs

My best friend suggested I include this recipe on my baked Brazilian pineapple page. She figured many would be searching for how to grill pineapple to include it on a skewer to grill it.

Just in case that is what you're looking for, here it is. If not, please skip down below.

We love this recipe and the easy marinade. There are some options included too, as usual.

We use 16 skewers that are 10 or 12 inches long to make this recipe. I always double them up for each kebab. I find it helps to ensure everything cooks at the same rate.

You will end up with a total of 8 skewers.

Easy Garlic and Herb Marinade for Chicken

- 2/3 cup olive oil
- 3-4 tablespoons garlic, minced
- 3-4 tablespoons fresh thyme, or rosemary, minced **OR** 1/2 cup fresh chives, basil, oregano, cilantro, minced
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper
- 1 1/2 pounds boneless, skinless chicken breasts or thighs, cut into 1 to 1 1/2 inch chunks

Combine all of the ingredients in a large resealable bag and give it a shake.

Cut up your chicken pieces and try and make them as close to the same size as possible.

Add your chicken pieces and refrigerate, adjusting occasionally, for up to 24 hours.

In my opinion, the longer the better. Aim for a minimum of 4 hours if at all possible. You will be so glad you did.

For what it's worth I try and use dark meat or chicken thighs to make this recipe as thighs are less likely to dry out. That being said no matter which you choose make sure to not cook both kinds of meat on the same skewer at the same time.

Cooking times vary and you don't want some cooked chicken breast pieces with some uncooked chicken thigh meat on the same skewer or overcooked chicken breast.

You get the idea.

- cut peeled onions into half inch thick chunks
- zucchini into half inch rounds
- mushrooms skewered whole
- seeded bell peppers cut as inch squares
- pineapples peeled, cored, and cut into one inch chunks

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- 1 1/2 pounds boneless, skinless chicken breasts or thighs, cut into 1 to 1 1/2 inch chunks
- 3 cups vegetables, chopped accordingly, including pineapple (approximately)
- 3-4 tablespoons olive oil or enough to just coat vegetables and fruit

Turn on your grill to around medium low. I was taught that you need to be able to hold your hand about 5 inches above grill surface **WITHOUT BURNING YOURSELF**, as hot as you can tolerate, for 5 seconds.

This means that your grill is very hot, just not hot enough to burn your hand 5 inches above the grate. That is the temperature you are looking for.

Remove your chicken pieces from the marinade and discard it.

Toss your vegetables and fruit in a bowl with just enough oil to lightly coat.
Sprinkle all with salt and pepper.

Now to get your skewers ready.

If you're using wood, I generally don't find that soaking them is necessary with this recipe.

As I mentioned, I use 2 skewers, side by side, to hold all of the pieces. You don't need to but I highly recommend it.
Makes even cooking possible and easier.

There is nothing worse than food chunks turning around while cooking. With two skewers all of your food will be held in place.

Now the fun part. Decide how many pieces you have and how many of each belong on each skewer.

Myself, I make a bunch of small piles beside each pair of skewers. Once I am satisfied that I have divided everything up evenly, I start adding to the skewers one piece at a time.

I alternate ingredients and never place the same ingredient right after another. I love the way the skewers look with different ingredients on them.

Especially when serving.

My best friend always places all of the same ingredients, together on each skewer. This means that all of the chicken pieces are on the same skewers with nothing else.

All of the onions are together on a skewer.

All of the pineapple are on a skewer, with nothing else. You get the idea.

She believes that everything cooks at a different rate and removes the skewers as each are ready, one after the other.

Then she removes everything from each skewer and serves it tossed on a large platter.

Both ways work beautifully in my opinion. As always the choice is yours.

Once your skewers are ready, place them on top of your hot grill.

Turn each kebab a quarter turn every 2 minutes, until cooked.

Generally, if you use chicken breast or white meat you are looking at about 8 minutes total cook time or 4 turns of the skewer. With dark chicken thighs about 9 minutes total cook time and an extra turn.

Chicken should be somewhat browned and after checking a piece, have no pink in the center.

Remove your kebabs and serve.

Enjoy every bite.