



KID-FRIENDLY HAWAIIAN CHICKEN KEBABS WITH BROWN RICE

Ingredients

- 1 lb. boneless, skinless chicken breasts (at least 36 pieces), all visible fat discarded, cut into bite-size pieces
- 2 Tbsp. low-sodium soy sauce
- 20 oz. canned, unsweetened juice from pineapple chunks can
- 2 clove fresh garlic, minced OR
- 1 tsp. jarred, minced garlic
- Non-stick cooking spray
- 36 pineapple chunks, packed in their own juice
- 2 fresh, chopped bell peppers (into 36 pieces)
- 1 pint grape/cherry tomatoes
- 12-15 wooden skewers
- 2 cups brown rice (cooked)



Instructions

Marinade:

1. In a plastic bag, add chicken chunks.
2. Have kids add soy sauce, 1 cup pineapple juice, and garlic into the plastic bag. Seal and let chicken marinate in the fridge for about 15 minutes.

Chicken Kebabs:

1. Preheat oven to 400° F. Take chicken out of marinade and place in a bowl.
2. Spray a baking sheet with cooking spray. Have kids wash bell peppers and tomatoes before chopping peppers. For kid-friendly assembly, place the pineapple, chopped peppers, and tomatoes in 3 separate bowls.
3. Let kids add 1 tomato to the bottom of 1 skewer. Top with pineapple, chicken and bell pepper 3 times, letting kids add everything but the raw chicken. Let kids add 1 more tomato to top. Repeat with the rest of skewers.
4. After 12 skewers are made (and all the chicken has been used), have kids make their own skewers with any remaining pieces. Cook kabobs in oven until chicken is cooked, about 15 minutes. Serve with rice.

Serves 4 306 Calories 342 mg Sodium \$3.09 Per Serving



APPLE BREAD PUDDING

Ingredients

- Cooking spray
- 1 whole egg PLUS 1 egg white
- 1 cup skim milk
- 2 Tbsp. brown sugar blend
- 1 tsp. vanilla extract and 1 tsp. cinnamon
- 1/2 tsp. cloves or allspice
- 6 slices light, whole-grain or multigrain bread, cubed
- 3 medium apples, cored cut into 1/2" cubes
- *Optional
- 1/2 cup of any one of the following: raisins, dried cranberries, blueberries, chopped walnuts, pecans or almonds



Instructions

1. Pre-heat the oven to 350.
2. Spray 9x9 baking dish with cooking spray.
3. In large bowl, whisk together egg, egg white, milk, sugar blend, vanilla, cinnamon, and cloves.
4. Add bread and apple cubes. Add fruit or nuts if desired. Mix well.
5. Pour mixture in to prepared baking dish and bake in preheated oven for 40-45 minutes.

Serves 4 131 Calories 154 mg Sodium