

Rum-Glazed Pineapple, Mango and Chicken Kebabs From Cooking Light

<http://www.myrecipes.com/recipe/rum-glazed-pineapple-mango-chicken-kebabs-10000000226641/>

3/4 cup pineapple juice (I used a can of crushed pineapples for the juice and also threw some crushed pineapples in there)

1/4 cup brown sugar

1/4 cup rum (I used Bacardi, it was in the bar!)

2 tablespoons finely chopped seeded jalapeño pepper

2 tablespoons cider vinegar

2 tablespoons chopped fresh cilantro

1 1/2 teaspoons grated lime rind

1 1/2 pounds skinless, boneless chicken breast, cut into 30 cubes (I used 2 medium sized chicken breasts for four people)

2 mangoes, peeled and each cut into 9 (1-inch) cubes (Mangos are horrible to cut. If you can find something pre-cut you will appreciate it!)

1 red bell pepper cut into 1-inch squares

18 1-inch cubes fresh pineapple (I got a pre-cored and skinned pineapple and cut it up)

1 1/2 tablespoons vegetable oil

1 pkg of wood or metal skewers (12- inch

1. Cut chicken, pineapple, mango and red bell pepper into cubes and put aside. if you are going to grill them, preheat the grill and if you are going to use the oven preheat to 350 degrees.

2. In a medium saucepan mix together the pineapple juice, brown sugar, rum and jalapeño peppers and bring to a boil. Then reduce heat to simmer for 5 minutes.

3. Add the cider vinegar and bring to a boil again for 1 minute stirring constantly. Let it stand for 5 minutes and if it is still too runny don't worry about simmering it until it reaches the desired thickness. (The original recipe had 2 tablespoons of cornstarch but when I tried putting it in it didn't take and I would up picking it out when it turned into little nuggets.) Add in the cilantro and lime rind when it's ready.

4. Make the kabobs. I did a red pepper on each end with pineapple, mango, two chickens and repeat. Do whatever you think looks nice and have fun with it! If you are using the numbers from the original recipe it comes to 5 chicken, 3 mango, and 3 pineapple alternately onto skewers.

5. GRILL: Place kebabs on grill rack, brush and cook for 4 minutes. Turn kebabs; brush with half of glaze. Cook 4 minutes. Turn kebabs; brush with remaining glaze. Cook 2 minutes or until they are cooked through.

OVEN: Brush the kebabs with 1/2 the glaze. Cook for about 10 minutes, then turn over the

kebabs and brush with the second half of the glaze. Cook for 5-10 minutes or until cooked through and serve hot!