

# Turkey Pineapple Kabob

*This turkey pineapple kabob recipe makes for a healthy main course for your next grilled meal. So warm up the charcoal or turn on the gas grill and get ready for some yummy grilling time.*

Recipe Type: Barbecue, Main Dish, Turkey

## Ingredients

20 ounces Turkey Breast (skinless), 1" cubes  
1 cup Onion, diced  
 $\frac{2}{3}$  cup Pineapple Juice, unsweetened  
4 Tbsp Teriyaki Sauce  
4 Tbsp Lemon Juice  
4 tsp Spicy Brown Mustard divided  
4 tsp Sherry  
2 each Garlic Clove, sliced  
1 each Bell Pepper (seeded), cut into 1" thick slices  
1 Tbsp Vegetable Oil  
 $\frac{1}{2}$  cup Crushed Pineapple, canned (no sugar added)  
2 tsp Cornstarch  
1 cup Canned Pineapple chunks, drained (no sugar added)



## Directions

- 1 In large bowl, combine onion, pineapple juice, teriyaki sauce, lemon juice, mustard, sherry and garlic
- 2 Add turkey and remaining ingredients. Toss to coat.
- 3 Cover and marinate in refrigerator for 1 hour
- 4 Using slotted spoon, remove turkey, mushrooms, scallions, and pineapple chunks
- 5 Using 8 skewers, thread ingredients, alternating as you thread
- 6 Strain marinade saving the liquid and onions
- 7 In small skillet, heat oil and sautee saved onions
- 8 Stir in crushed pineapple
- 9 Add cornstarch to reserved marinade liquid, stirring to dissolve cornstarch
- 10 Add to skillet, stirring constantly, bring to a boil
- 11 Reduce heat and simmer until thick
- 12 Pour mixture into blender and mix at low speed until smooth
- 13 Lightly brush kabobs with mixture
- 14 Grill kabobs, turning once and brushing with mixture
- 15 Grill until turkey is browned (approximately 5 minutes)
- 16 Reheat remaining sauce and serve with kabobs

## Cooking Times

Preparation Time: 20 minutes

Cooking Time: 5 minutes

Total Time: 25 minutes

## Nutrition Facts

Nutrition (per serving): 296 calories, 6.6g total fat, <1g saturated fat, 61mg cholesterol, 2202.4mg sodium, 31.2g carbohydrates, 3.1g fiber, 22.2g sugar, 27.2g protein.

Servings: 4

Yield: 8 Skewers

## **Weight Watchers Points**

Note: The fruits, fruit juices, veggies and turkey breast nutrition was not used when calculating the FreeStyle SmartPoints. All other points do not include the fruits or veggies.

Orig. WW Pts: 5

Points Plus: 5

Smart Points: 5

FreeStyle Smart Points: 2

## **Tips**

You can change up this recipe to add your favorite fruits and veggies for something new each time. Just be sure to adjust any nutritional values as needed.

Web Page: <http://www.exercise4weightloss.com/turkey-pineapple-kabob-recipe.html>