



Pineapple Chicken Kabobs with Rice

Savor the taste of summer with these flavorful Pineapple Chicken Kabobs served alongside rice for a delightful and satisfying meal!

INGREDIENTS

1 package (6.2 oz) RICE-A-RONI® Stir Fried Rice

1 can (20 oz) Pineapple Chunks, drained

1 red or green bell pepper, cut into 1-inch pieces

1 large red onion, cut into wedges

1 ½ lbs boneless, skinless chicken breasts cut into 1-inch pieces

1/2 cup bottled ginger dressing



PREP TIME

10min



COOK TIME

15min



SERVES

8

HOW TO MAKE

DIRECTIONS

Cook rice-pasta mixture according to package directions.

Thread pineapple chunks, bell pepper, red onion and chicken onto 8 skewers. Brush with ginger dressing.

Grill or broil 10 to 15 minutes, turning or until chicken is no longer pink in center.

Stir remaining ginger dressing into stir fried rice. Serve skewers over rice.

PRODUCT



Per Serving	180	0g	950mg	3g
CALORIES	SAT FAT	SODIUM	TOTAL SUGARS	
	0% DV	41% DV		

NET WT 6.2 OZ (176 g)