



# SUN CORE™

## HAWAIIAN KABOBS

Enjoy these sweet and savory skewers without using electricity or gas. Simple and delicious!

**Prep Time:** 15 min

**Marinade time:** 1hr

**Cook Time:** 30 min

Makes 2 servings per batch.

### Ingredients:

- 1lb boneless, skinless **chicken** breasts diced into 1 1/2 in cubes
- 1-2 ripe **tomatoes**, diced into 1 1/2 inch pieces
- 1 20 oz can **pineapple slices**, cut into quarters and **pineapple juice set aside**
- 1 yellow **onion**, peeled and cut in two halves then quartered
- 6 whole **mushrooms** of your choice
- 1 green bell pepper, diced into 1 1/2 inch pieces
- 1/3 cup **soy sauce**
- 1-2 cloves **garlic**, minced
- 1 teaspoon ground **ginger**

### Directions:

**NOTE:** *Make sure ingredients are chopped small enough that the food tray will fit into the vacuum tube. If not, cut smaller before threading onto skewers.*

1. Preheat the Sun Core™ to its maximum setting by adjusting the angle so that the shadow is centered on the sundial indicator.
2. Combine **pineapple juice**, **soy sauce**, **garlic**, and **ginger** in a large, resealable plastic bag and mix. Add **chicken** and refrigerate for at least 1 hour.
3. Thread the **remaining ingredients** onto two 9" skewers (or up to 10" if you leave plenty of room on the ends).
4. Line the food tray with foil so that it does not drip. Place the skewers end to end in the food tray. If you left enough room on the ends, they can overlap. Drizzle the remaining marinade over the skewers.
5. Bake in the Sun Core™ as directed by the instructions at at least 165° for 30 min. or until chicken is cooked through. Serve hot.

**TIP:** Don't care for one of the ingredients? Try substituting diced summer squash!