



*See Sunday prep instructions

THURSDAY: GRILLED PINEAPPLE CHICKEN SKEWERS

Prep: 10 min Grill: 10 min Serves: 4

1 lb boneless skinless chicken breasts, cubed, marinated and thawed from Sunday prep

1/3 cup Longo's Signature 100% All Natural Peanut Butter

1/2 cup Longo's Sweet Thai Chili Sauce, divided

1 fresh cored pineapple, divided

1 1/4 cups Longo's Basmati Rice

Cut half of the pineapple into 1-inch cubes and set aside in a bowl. Dice remaining pineapple; set aside.

Bring rice, 2 cups water and 1/2 tsp salt to a boil. Reduce heat to low; cover and cook for 10 minutes or until water is absorbed. Stir diced pineapple and remaining 1/4 cup of the chili sauce into rice; keep warm.

Skewer marinated chicken and pineapple chunks onto 8 soaked skewers bamboo or metal, alternating. Grill on greased preheated grill over medium heat, turning occasionally, for about 12 minutes or until chicken is no longer pink inside.

**\$3.48/
serving**



Serve skewers with rice and extra Longo's Sweet Thai Chili Sauce, if desired.

Thaw flank steak for Friday dinner.

Per serving: 610 calories; 37 g protein; 15 g fat; 87 g carbohydrate; 3 g fibre; 28 g sugars; 770 mg sodium.