



Rosemary Chicken Skewers

Skinless, boneless chicken thighs – cubed

1 TBS Rosemary - chopped

½ TBS coarse salt

½ TBS black pepper

1 tsp. red chili pepper flakes - optional

1 TBS brown sugar

½ TBS paprika

2 TBS olive oil

Cubed pineapple

Cubed red bell pepper

If making appetizers, cut bamboo skewers in half. Soak in water for a good 30 minutes.

Place the chicken in a bowl. Add the Rosemary, salt, pepper, red chili flakes, brown sugar, paprika and oil. Let sit at room temperature for 20 minutes.

Thread skewers with chicken, pineapple and bell pepper.

Heat a skillet with some olive oil. Place skewers in skillet and cook, flipping, until chicken is cooked through and pineapple caramelizes. Enjoy!