



Grilled Kiwi-Chicken Kebobs with Honey-BBQ Sauce

For Kebobs

- 6 each garlic cloves minced
- 2 tbsp lime juice
- 1 tbsp olive oil
- 1 tsp salt
- 1 boneless chicken breast (1" cubes)
- 5 each kiwi (peeled and cut in half)

Directions:

Combine garlic, lime juice and salt. Add chicken and kiwi; turn to coat. Cover and refrigerate for 30 minutes. Drain chicken and kiwi, discard marinade. On 8 metal or soaked wooden skewers, alternately thread chicken and kiwi. Spray grill with pan spray and grill covered on medium high heat turning occasionally until chicken is cooked through. Baste frequently with honey BBQ sauce.

Honey BBQ Sauce

- 1 cup ketchup
- 1/2 cup honey
- 1/4 cup white vinegar
- 1/4 cup molasses
- 1 tsp liquid smoke (optional)
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/4 tsp paprika
- 1/4 tsp chili powder
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- 1/4 tsp cayenne pepper

Directions:

Stir ketchup, honey, vinegar and molasses together in a saucepan over medium heat until smooth. Add liquid smoke and remaining seasonings to the ketchup mixture. Reduce heat to low and simmer 20 minutes until thickened. Cool and serve.