

CHBC Demo Recipes

Okanagan Chicken Brochette & Grilled Pineapple

(Serves 4)

A

- 2 chicken breasts (sliced)
- 1 orange (zested)
- 1 tsp garlic (minced)
- 1 tbsp cilantro (chopped fine)
- 1 tsp olive oil
- 1 pinch salt and pepper

B

- 1 red onion (sliced into thick rings)
- 1 tsp olive oil

C

- 1 pineapple (peeled and wedged)
- 1 tbsp Cajun spice
- 1 tsp olive oil

D

- 1 head Butter lettuce (washed)

- A. Mix all in a bowl, then skewer and place on hot grill.
- B. Season with salt and pepper and grill till onion is tender.
- C. Mix C and grill just till pineapple is warm.
- D. Once chicken skewers are done stack the onion and pineapple on plate, then lettuce and brochettes. Serve.



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