

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Hawaiian Ham and Pineapple Skewers

Adapted from a recipe from www.thereciperebel.com

2 pkgs of sliced ham (Make sure to find one without nitrites)
1 pineapple, peeled, cored, and cut into chunks
1 sweet bell pepper, cut into 1 inch chunks
1 red onion, cut into 1 inch chunks
½ - 1 cup barbecue sauce (We like Bone Suckin' Sauce which can be found at Whole Foods and sometimes Lowe's. If you can't find it, make sure to look for one without high fructose corn syrup)

1. Sauté bell pepper and onion over medium heat in a saucepan with a little olive oil until partially cooked.
2. Fold sliced ham into triangles, or squares, and thread onto skewers, alternating with pineapple, peppers, and onion.
3. Grill for 5 – 10 minutes, brushing with barbecue sauce, until slightly caramelized. You can also bake in a 375 ° oven until hot if desired.

