



## Sweet and Sour Grilled Fruited Tenders

### Ingredients:

- 16 Tyson® IFF boneless, skinless chicken tenderloins, thawed
- 48 large green seedless grapes
- 4 small mild onions, peeled and cut into quarters
- 2 green bell peppers, cored and cut into 16 squares
- 4 plums, seeded and cut into quarters
- 3/4 cup apricot preserves
- 2 tablespoons brown sugar
- 2 tablespoons apple cider vinegar
- 1 can pineapple, 8 oz.; crushed

Makes: 4 servings.

Prep Time: 30 minutes to 4 hours

Cook Time: 14 minutes

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### Directions:

1. Preheat grill to medium.
2. Thread thawed chicken tenderloins onto metal skewers alternately with grapes, onions, bell peppers and plums.
3. Wash hands.
4. Combine ketchup, preserves, brown sugar and vinegar. Stir in 1/4 cup pineapple juice; reserve remaining crushed pineapple. Set aside one-third of sauce mixture for basting; stir reserved pineapple into remaining sauce.
5. Place kabobs on lightly greased grill. Brush lightly with basting sauce. Grill, turning once and basting occasionally, 10 to 15 minutes or until done (internal temp 170°F).
6. Discard leftover basting sauce.

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*Recipe and photo courtesy of Tyson Foods.*

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