

Anti-Inflammatory Air Fryer Pineapple Chicken Skewers with Curry Dip

Ingredients:

- * 1 pound chicken breast / tenders cut into 2-inch cubes
- * 2 small bell peppers (red, green, yellow), cored and cut into 2-inch cubes
(if problem eating night shade vegetables may substitute with zucchini for the pepper)
- * 1 teaspoon Himalayan salt
- * 1/2 teaspoon garlic powder
- * 1/2 teaspoon onion powder
- * 1/4 teaspoon black pepper
- * Pineapple (fresh is best) you can buy it cored
- * olive oil
- * wooden skewers (soak in water for 30 minutes before putting on ingredients)

For the Curry Dip:

- 1 cup Plain Greek yogurt (a dairy free option would be coconut cream)
- 4 Tablespoons avocado mayonnaise
- 1 Tablespoon pineapple juice
- 2 Teaspoons Apricot preserves (all natural no sugar)
- 1 Teaspoon curry powder
- salt to taste

Directions:

- In a bowl, season the chicken with salt, garlic powder, onion powder, and pepper.
- Cover and marinate in the refrigerator for at least 30 minutes or up to overnight.
- Thread chicken pieces in skewers, alternating between bell peppers and pineapple.
- Arrange the chicken skewers in a single layer in the air fryer basket. Lightly brush with olive or vegetable oil.
- Air fry at 370 F for about 12 minutes or until thermometer inserted in the thickest part reads 165 F.

To Make the Curry Dip:

- In a bowl, combine yogurt, mayonnaise, pineapple juice, Apricot preserves, curry powder, and salt and pepper to taste.
- Stir until smooth and well-blended.
- Remove skewers from the air fryer and serve with the curry dip.