

Hawaiian Chicken



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Recipe by: Laura Vitale

Serves 4

Prep Time: 15 minutes

Cook Time: 20 minutes

Ingredients

- ☐ 3 lb of Boneless Skinless Chicken Thighs
- ☐ 1/2 cup of Low Sodium Soy Sauce
- ☐ 1/2 cup of Pineapple Juice
- ☐ 1/4 cup of Ketchup
- ☐ 1/4 cup of Brown Sugar
- ☐ 2 Cloves of gArlic, minced or Grated
- ☐ 2 tsp of Grated Ginger
- ☐ Pinch of Salt
- ☐ Fresh Pineapple

1) Pierce the chicken thighs all over with a sharp pairing knife, place in a bowl (or large resealable bag) and set aside.

2) In a small bowl or large measuring cup, whisk together the soy sauce, pineapple juice, ketchup, brown sugar, garlic, ginger and pinch of salt, pour over the chicken, make sure the chicken is submerged in the marinade, cover and refrigerate a minimum of 4 hours or up to overnight.

3) Grill the chicken on a hot grill, it usually takes about 8 minutes per side, when half way through, add the pineapple on the grill dipping it in the remaining marinade first then placing the remaining marinade in a stainless steel skillet and pop that on the grill to cook, reduce and thicken.

4) Brush the chicken with the bubbling marinade as it finishes cooking then once ready and the marinade has boiled and reduced by half, remove the chicken and pineapple, place on a platter and drizzle over the thickened sauce and serve!

