

Oven Baked Pineapple-Barbecue Chicken

INGREDIENTS:

4 chicken breasts
½ T oregano
½ T paprika
½ T olive oil
Salt and pepper to taste
1 bell pepper, diced
1 red onion, diced
2 cups pineapple, diced
1 cup barbecue sauce

PROCESS:

Preheat oven to 400 degrees F.
Place the chicken breasts in a baking dish.
Brush the chicken breasts with olive oil and season with oregano, paprika, salt and pepper to taste.
Brush half the barbecue sauce over the chicken breasts, making sure they are well Covered.
Top the chicken with pineapple, bell pepper, and red onion.
Drizzle the remaining BBQ sauce over the vegetables and place in the oven.
Bake 40-45 minutes or until the chicken is cooked through and no longer pink.

From: Paleo Leap