

Hawaiian Chicken

INGREDIENTS:

1 ½ lbs boneless skinless chicken thighs
½ fresh ripe pineapple
¼ cup pineapple juice
¼ cup gluten free soy sauce (coconut aminos works too)
3 tbsp ketchup
2 tbsp brown sugar
5-6 cloves fresh garlic
2 tbsp olive oil
2 tbsp honey
Cauliflower rice (optional)

PROCESS:

Combine pineapple juice, gluten free soy sauce, ketchup, brown sugar, garlic, olive oil and honey and whisk together
Add chicken to a ziploc bag and pour the marinade over the chicken
Marinate for at least 1 hour (the longer the better)
Slice the pineapple into 1 inch thick slices
Grill the chicken until internal temperature reaches 165 degrees
Grill the pineapple on both sides
Serve with cauliflower rice (optional)

ENJOY!

From: joyousapron.com

