

## Grilled Hawaiian Chicken

Author: Kristine Fretwell

Recipe type: Main    Cuisine: American

Prep time: 5 mins    Cook time: 15 mins    Total time: 20 mins

Yield: 5 servings

Grilled Hawaiian Chicken is the perfect BBQ chicken recipe. Sweet sticky chicken, with grilled pineapple with leftover sauce to use as dip.

### Ingredients

- 1 lb boneless, skinless chicken breasts
- 1 396ml can pineapple rings (reserve juice)
- ½ cup ketchup
- ½ cup brown sugar
- 1 Tbsp garlic, chopped
- 1 Tbsp ginger, chopped
- Salt & pepper

### Instructions

1. Preheat your grill to medium-high heat.
2. Season your raw chicken breasts with salt & pepper and set aside.
3. Make the sauce. In a small saucepan, combine the ketchup, brown sugar, garlic, ginger and reserved pineapple juice (you should get about ¾ cup from the can). Mix until combined. Simmer over low/medium heat.
4. Meanwhile, once the grill is hot, place the chicken on the grill.
5. Once the sauce has simmered for 5 or so minutes, remove half of it to baste the chicken and pineapple on the grill.
6. Flip the chicken, baste the cooked side with the sauce, and add the pineapple rings to the grill to start cooking those.
7. When the pineapple gets grill marks, flip them and baste with the sauce.
8. Once the chicken is cooked through, baste again to make sure they are sauced well.
9. Meanwhile, your leftover sauce simmering in the pot should be thickened, and ready to use on the side if you desire.

### Notes

\*Make sure you are basting the cooked chicken (only baste when you've flipped them) as if you're basting raw chicken, then basting the pineapple, you could risk contamination.

### Nutrition

Serving size: 1/5 of recipe    Calories: 193    Fat: 2 g    Saturated fat: 0.4 g    Carbs: 25 g    Sugar: 22 g    Sodium: 587 mg    Fiber: 1 g    Protein: 20 g

Recipe by Busy But Healthy at <https://busybuthealthy.com/grilled-hawaiian-chicken/>