

Recipe of the Week

July 5, 2018



Pineapple chicken tenders

Ingredients

- 1 cup pineapple juice
- 1/2 cup packed brown sugar
- 1/3 cup light soy sauce
- 2 pounds chicken breast tenderloins or strips
- Wooden skewers

Directions

1. In a small saucepan over medium heat, mix pineapple juice, brown sugar, and soy sauce. Remove from heat just before the mixture comes to a boil.
2. Place chicken tenders in a medium bowl. Cover with the pineapple marinade, and place in fridge for 30 minutes.
3. Preheat grill to medium heat, and thread chicken lengthwise onto the wooden skewers.
4. Lightly oil the grill grate. Grill chicken for 5 minutes per side, or until juices run clear.

Recipe adapted from All Recipes