



Grilled Pineapple Chicken

Recipe courtesy of [delish](#)

This grilled pineapple chicken brings together smoky, savory and sweet flavors in one straightforward recipe. The pineapple-soy marinade adds plenty of flavor, while the grilled pineapple gives the finished dish a lightly caramelized bite that works just as well for a weeknight dinner as it does for a backyard cookout.

Ingredients:

- 2 garlic cloves, finely chopped
- 1 c. unsweetened pineapple juice
- $\frac{3}{4}$ c. ketchup
- $\frac{1}{2}$ c. low-sodium soy sauce
- $\frac{1}{2}$ c. packed light brown sugar
- 1 Tbsp. finely chopped peeled ginger
- 4 boneless, skinless chicken breasts
- 1 tsp. vegetable oil, plus more for grill
- 1 pineapple, cored & sliced into rings, rings halved

Directions:

1. Whisk together garlic, pineapple juice, ketchup, soy sauce, brown sugar, and ginger in a large bowl until combined.
2. Place chicken in a large resealable plastic bag and pour in the marinade from step 1. Refrigerate for at least two hours or overnight.
3. Clean and oil grill grates. Preheat to a high heat for 5 minutes.
4. Grill chicken, basting with marinade and flipping occasionally until it reaches an internal temperature of at least 165°F, about 8 minutes per side. Transfer to a plate.
5. In a medium bowl, toss pineapple with oil. Grill pineapple, flipping occasionally, about 2 minutes per side.
6. Place grilled pineapple slices on top of the chicken to serve.

Pro Tip:

No fresh pineapple? Use canned pineapple slices instead. Less prep and less mess.