





Brown Sugar Pineapple Chicken

 Course	Main Dish
 Prep Time	10 minutes
 Cook Time	12 minutes
 Total Time	22 minutes
 Servings	6 servings
 Calories	335 kcal
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★★★★★
3.78 from 50 votes

Ingredients

- 2 pounds chicken tenderloins or boneless skinless chicken breasts pounded thin
- 1/4 cup olive oil
- 2 teaspoons cornstarch

Chicken Marinade/Glaze:

- 1 cup pineapple juice
- 1/3 cup + 1 tablespoon packed brown sugar
- 2 tablespoons lemon juice
- 2 tablespoons ketchup
- 2 tablespoons red wine vinegar
- 1 tablespoon low sodium soy sauce
- 1 tablespoon Dijon mustard
- 1/2 teaspoon sriracha/Asian hot red chili sauce optional
- 1 teaspoon [garlic powder](#)
- 1 teaspoon salt
- 1/2 teaspoon ginger powder
- 1/2 teaspoon onion powder

Garnish:

- green onions
- orange zest

Instructions

1. Whisk the Marinade/Glaze ingredients together in a medium bowl. Add 1/3 cup to a large freezer bag and whisk in 1/4 cup olive oil. Add the chicken and marinate 2-4 hours in the refrigerator. Refrigerate reserved the glaze separately.
2. When ready to grill, let the chicken sit at room temperature for 15 to 30 minutes. Meanwhile, grease and preheat grill to medium heat, 375 to 450°F.
3. Drain chicken from the marinade and pat dry. Grill the chicken undisturbed for 5 to 6 minutes per side, or until chicken is cooked through. (An inserted thermometer should read 165 degrees F when chicken is done.)
4. Meanwhile, add reserved glaze to a small saucepan and whisk in 2 teaspoons cornstarch. Place covered saucepan on the grill (or stove) and bring to a simmer (this can be done after the chicken is cooked if you don't have room on your grill). Once simmering, remove <g class="gr_gr_98 gr-alert gr_gramm gr_inline_cards gr_run_anim Grammar only-ins replaceWithoutSep" id="98" data-gr-id="98">lid</g> and whisk until thickened. Brush cooked chicken with glaze and serve any extra as a sauce for rice.
5. Garnish chicken with orange zest and green onions (optional).

Recipe Notes

*Prep time will vary due to marinating time.

Nutrition Facts	
Brown Sugar Pineapple Chicken	
Amount Per Serving	
Calories 335	Calories from Fat 117
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 2g	10%
Cholesterol 96mg	32%
Sodium 739mg	31%
Potassium 648mg	19%
Total Carbohydrates 20g	7%
Sugars 17g	
Protein 32g	64%
Vitamin A	1.4%
Vitamin C	9.9%
Calcium	2.3%
Iron	5.2%
* Percent Daily Values are based on a 2000 calorie diet.	

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