

Chicken

Hawaiian Chicken

Cooking Light

Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 4 hours 23 minutes

MARINADE

1/4 cup pineapple juice

2 tablespoons ketchup

2 tablespoons low-sodium soy sauce

1 1/2 teaspoons peeled ginger, minced

2 cloves garlic, minced

INGREDIENTS

4 6-ounce boneless/skinless chicken breasts

cooking spray

3/4 teaspoon salt, divided

1/4 teaspoon pepper

2 cups hot cooked long-grain white rice

1/4 cup fresh cilantro, chopped

Combine the first five ingredients in a bowl to create marinade.

Reserve 1/4 cup of marinade. Place remaining marinade into a zip-top plastic bag.

Add chicken breast halves to bag; seal. Marinate in refrigerator for 4 hours.

Heat a grill pan over medium-high heat. Coat pan with cooking spray. Remove chicken from bag; discard marinade in bag. Sprinkle chicken with 1/2 teaspoon of salt and pepper. Add chicken to pan; baste with two tablespoons of reserved marinade. Cook 6 minutes.

Combine rice, 1/4 teaspoon of salt and cilantro.

Per Serving (excluding unknown items): 24 Calories; trace Fat (1.8% calories from fat); 1g Protein; 6g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 790mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.