

# **Pineapple Bark Chicken with Grilled Pineapple Guacamole**

J.M. Hirsch - The Associated Press  
St Lucie News Tribune

**Servings: 3**

**Preparation Time: 45 minutes**

**Start to Finish Time: 2 hours 45 minutes**

**1 large whole pineapple**  
**3 boneless/ skinless chicken breasts**  
**salt and ground black pepper**  
**ground cumin**  
**cayenne pepper**  
**1/2 small red onion, diced**  
**1 jalapeno pepper, seeds removed and diced**  
**2 avocados, pitted and chopped**  
**juice of one lime**  
**1 tablespoon fresh cilantro, chopped**

Cut off the top and bottom of the pineapple and discard. Stand the pineapple upright. Cut the skin off the pineapple in six long strips. To do this, begin cutting at the top of the fruit and slice downward, letting the knife follow the curve of the fruit. Leave about 1/2-inch of flesh on each strip of skin. Set the fruit aside.

Place each chicken breast between sheets of plastic wrap and use a meat mallet or rolling pin to pound to an even 1/2-inch thickness. Season each on both sides with salt, pepper, cumin and cayenne.

Lay each piece of chicken over the cut side of the pineapple skin slices. Set a second strip of pineapple skin, cut side down, on top. Use kitchen twine to tie the bundles together. Refrigerate for about 30 minutes.

When ready to cook, heat one side of the grill to high, the other side to low.

Meanwhile, cut the skinned pineapple (the flesh) into thick rounds. Use a small round cookie or biscuit cutter (or a paring knife) to cut out and discard the core from each round.

When the grill is hot, arrange the chicken bundles on the cooler side of the grill. Cook for 15 minutes per side, or until the chicken reaches 165 degrees at the center. During the final 10 minutes, add the pineapple rings and cook for 5 minutes per side.

While the chicken cooks, prepare the guacamole. In a small bowl, combine the red onion, jalapeno, avocados, lime juice and cilantro. Mix, then season with salt and pepper.

Place one chicken bundle on each plate. Set a grilled pineapple ring next to it, then spoon some of the guacamole into the center of and over the pineapple ring.

---

Per Serving (excluding unknown items): 227 Calories; 21g Fat (74.9% calories from fat); 3g Protein; 12g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 14mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Fruit; 4 Fat.