

## RECIPE



# HAWAIIAN BBQ CHICKEN SHEET PAN DINNER

4-6 SERVINGS



### INGREDIENTS

32 oz. boneless skinless chicken breasts (4 thick breasts)

1/3 c. BBQ sauce

juice of 1 lime

3/4 tsp. chipotle powder, divided

1 red bell pepper

1 green bell pepper

1 red onion

3 c. fresh pineapple chunks

1 Tbsp. olive oil

1/2 tsp. sea salt

This recipe was developed using the Safe Recipe Style Guide at [SafeRecipeGuide.org](http://SafeRecipeGuide.org).

### INSTRUCTIONS

- 1 Wash hands with soap and water.
- 2 Preheat your oven to 350 °F.
- 3 Add the chicken breasts to a large Ziploc bag. (Do not rinse raw poultry or meat.) To the bag, add the BBQ sauce, 1/2 tsp. chipotle powder and lime juice. Seal the bag and squish around until the chicken is well coated. Set the bag in a shallow pan and place on the bottom shelf of the refrigerator. Allow to marinate for 30 minutes.
- 4 Gently rub green bell peppers and the onion under cold running water.
- 5 On a clean cutting board, chop the pineapple, onions and peppers into large chunks. Add everything to a large bowl with the olive oil, 1/4 tsp. chipotle powder and salt. Toss until the veggies and fruit are well coated.
- 6 Add the veggies and pineapple to a sheet pan that has been sprayed with non-stick spray. Create 4 openings with the veggies for the chicken breasts.
- 7 Remove the chicken from the refrigerator and nestle the chicken into the openings on the sheet pan. Wash hands with soap and water.
- 8 Bake at 350 °F for 30-40 minutes, until internal temperature reaches 165 °F on food thermometer. (Bake time will depend on the thickness of the chicken breasts.)
- 9 Serve immediately with extra, fresh BBQ sauce on the side.

RECIPE COURTESY OF: [TheCreativeBite.com](http://TheCreativeBite.com)

Learn more about food safety at [StoryOfYourDinner.org](http://StoryOfYourDinner.org)

BROUGHT TO  
YOU BY:

