



Hawaiian BBQ Chicken Sheet Pan Dinner

Makes 4-6 Servings

This recipe was developed using the Safe Recipe Style Guide at SafeRecipeGuide.org

Ingredients

32 oz. boneless skinless
chicken
breasts (4 thick breasts)
 $\frac{1}{3}$ c. BBQ sauce
juice of 1 lime
 $\frac{3}{4}$ tsp. chipotle powder,
divided
1 red bell pepper
1 green bell pepper
1 red onion
3 c. fresh pineapple
chunks
1 Tbsp. olive oil
 $\frac{1}{2}$ tsp. sea salt

Directions

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, $\frac{1}{2}$ 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. Do not reuse marinades used on raw foods.
4. Wash hands with soap and water after handling uncooked meat.
5. Gently rub red pepper, green pepper and onion under cold running water.
6. On a clean cutting board, chop the pineapple, onions and peppers into large chunks. Add everything to a large bowl with the olive oil, $\frac{1}{4}$ tsp. chipotle powder and salt. Toss until the veggies and fruit are well coated.
7. 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.
8. Remove the chicken from the refrigerator and nestle the chicken into the openings on the sheet pan. Wash hands with soap and water.
9. 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.)
10. Serve immediately with extra, fresh BBQ sauce on the side.

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