

Hawaiian Chicken Sheet Pan with Honey Glaze



Yields: 4 servings

Prep time: 15 minutes

Cook time: 20-25 minutes

Ingredients

Protein: 1lb. boneless, skinless chicken breasts, thinly sliced

Fruits & Vegetables:

1/2 cup pineapple chunks, drained (if canned)

1 cup broccoli florets (or more, as shown)

1 red bell pepper, sliced (or diced)

Sauce & Glaze:

* 1/4 cup teriyaki sauce

* 1/4 cup honey

1 tablespoon soy sauce (optional, for depth)

1 teaspoon ginger, minced or grated (optional)

1 clove garlic, minced (optional)

1 tablespoon olive oil or cooking spray

Salt and pepper to taste

Base (optional)

Cooked Quinoa (plain) or cooked brown rice

Garnish:

Fresh parsley or cilantro, chopped

Sesame seeds

Instructions:

1. Prepare the Ingredients:

- Chicken: Thinly into bite-sized pieces/cubes.
- Vegetables: Cut broccoli into florets and slice or dice the red bell pepper.
- Cut Pineapple into chunks or Drain the pineapple chunks if canned.

2. Marinate the Chicken (Optional, but Recommended):

- Combine Marinade: In a bowl, mix teriyaki sauce, Bragg's Amino Acid (or Soy sauce), minced fresh ginger, and minced garlic.
- Marinate: Add the sliced chicken to the marinade and toss to coat. Let it marinate for at least 15 minutes, or up to an hour in the refrigerator for more flavor.

3. Preheat Oven: Preheat your oven to 400°F (200°C).

4. Assemble the Sheet Pan:

- Prepare Sheet Pan: Line a large baking sheet with parchment paper or lightly grease it with olive oil or cooking spray.
- Arrange Ingredients: Arrange the marinated chicken in a row on one side of the pan.
- Arrange the pineapple chunks, broccoli florets, and red bell pepper in separate sections.
- Season: Season the chicken and vegetables with salt and pepper to taste.

5. Bake:

- Bake in the preheated oven for 20-25 minutes, or until the chicken is cooked through and the vegetables are tender. The chicken should reach an internal temperature of 165°F (74°C).

6. Make the Honey Glaze:

- Combine Glaze: While the chicken and vegetables are baking, place the honey in a small saucepan over medium-low heat until it starts to thin slightly. Then you can add a splash of Amino Acids (or soy sauce), and a pinch of fresh grated ginger to the honey for extra flavor.

7. Glaze and Serve:

- Glaze: Drizzle the honey glaze over the cooked chicken and vegetables.
- Optional Base: Place cooked quinoa or cooked rice on each plate before adding the chicken and vegetables.
- Garnish: Garnish with fresh parsley or cilantro and sesame seeds.
- Serve: Serve the Hawaiian Chicken Sheet Pan immediately.

Mediterranean cooking is the best! 🌈

Stephanie!! ❤️

