

Baked Pineapple Chicken



~ A taste of the tropics with pineapple & ginger! ~

Servings: 4
Prep Time: 15 min + marinating
Bake: 45 minutes

Ingredients

- ½ cup chicken broth
- 6 Tbsp reduced-sodium soy sauce
- 2 tsp ground ginger, *divided*
- 4 bone-in chicken breast halves (6 oz *each*), skin removed
- 2 cans (8 oz each) unsweetened crushed pineapple, undrained
- 2 tsp cornstarch
- 4 tsp orange marmalade
- 2 tsp lemon juice

Preparation

1. In a large re-sealable plastic bag, combine the broth, soy sauce, and 1 tsp ginger; add chicken. Seal bag and turn to coat; refrigerate for 2 hours, turning occasionally.
2. Drain pineapple, reserving 1 C juice; set aside ½ C pineapple (refrigerate remaining pineapple and juice for another use).
3. In a saucepan, combine cornstarch and reserved pineapple juice until smooth. Stir in the pineapple, orange marmalade, lemon juice and remaining ginger. Bring to a boil; cook and stir for 1-2 minutes or until thickened.
4. Drain and discard marinade. Place chicken in a baking dish, coated with cooking spray. Top with pineapple mixture. Bake, uncovered, at 350°F for 45-50 minutes or until juices run clear.

Servings per Recipe: 4

Nutrition (per serving): 207 calories, 3g total fat (1g saturated fat), 68mg Cholesterol, 330mg sodium, 18g carbohydrates, 1g fiber, 26g protein