

# Grilled Hawaiian BBQ Chicken

## Grilled Hawaiian BBQ Chicken



Serves 4

Blue – 2

Purple – 2

Green – 4

- 4 4 oz each boneless, skinless chicken breasts
- 1 cup sugar free BBQ sauce
- 1 15 oz can pineapple rings, tidbits or chunks, juice reserved
- 2 tsp soy sauce
- 1 clove garlic, minced
- 1 red bell pepper, cut into chunks
- 2 medium zucchini, sliced
- green onions for garnish, optional

1. Heat grill to medium. Cut 4 sheets of heavy duty aluminum foil large enough to hold a chicken breast and veggies.
2. Place chicken in the center of foil and divided veggies/pineapple evenly between packets
3. In a small bowl, whisk together BBQ sauce, reserved pineapple juice, soy sauce and garlic. Spread about 2 Tbsp of the sauce on the chicken pieces and reserve 1/4

cup of sauce for later.

4. Fold up foil around chicken. Place chicken packets on the grill and grill for about 13-15 minutes, flipping over at about 7 minutes. To serve, carefully open packets and baste with remaining sauce. Garnish with green onion if desired.