

Looking for a mouthwatering chicken recipe that's bursting with flavor? Say hello to Pineapple BBQ Baked Chicken Breast! This dish combines tender chicken breasts with the irresistible sweetness of pineapple and the tangy kick of BBQ sauce. It's an easy-to-make meal that's perfect for busy weeknights or casual dinners with family and friends.

Are you craving a meal that's both sweet and savory? Look no further than Pineapple BBQ Baked Chicken Breast! This delightful dish brings together the tropical sweetness of pineapple with the tangy richness of BBQ sauce, creating a flavor explosion that will tantalize your taste buds. Plus, it's incredibly easy to make, making it perfect for busy weeknights when you need a quick and satisfying meal.

Ingredients:

- 4 boneless, skinless chicken breasts
- 1/2 cup pineapple juice (from canned pineapple)
- 1 cup BBQ sauce (your choice of brand)
- 2 tablespoons soy sauce
- 2 cloves garlic, minced
- 2 tablespoons brown sugar
- 4-8 canned pineapple slices
- Salt and pepper, to taste
- Fresh cilantro, for garnish

When it comes to the ingredients for Pineapple BBQ Baked Chicken Breast, simplicity is key. You'll need boneless, skinless chicken breasts as the main protein, paired with pantry staples like pineapple juice, BBQ sauce, soy sauce, garlic, and brown sugar. The addition of canned pineapple slices adds a touch of sweetness and moisture to the dish, while fresh cilantro provides a pop of color and freshness as a garnish. Feel free to customize the ingredients based on your preferences or dietary restrictions.

□ Detailed Ingredients:

- 4 boneless, skinless chicken breasts
- 1/2 cup pineapple juice (from canned pineapple)
- 1 cup BBQ sauce (your choice of brand)
- 2 tablespoons soy sauce
- 2 cloves garlic, minced
- 2 tablespoons brown sugar
- 4-8 canned pineapple slices
- Salt and pepper, to taste
- Fresh cilantro, for garnish



For a closer look at the ingredients, it's important to choose high-quality chicken breasts that are free of excess fat and skin. Opt for pineapple juice

from canned pineapple for convenience, or you can use fresh pineapple juice if preferred. When selecting BBQ sauce, choose your favorite brand or make your own homemade sauce for a personal touch. Don't forget to use low-sodium soy sauce to control the saltiness of the dish. Fresh garlic and brown sugar add depth of flavor to the marinade, while canned pineapple slices provide sweetness and juiciness. Fresh cilantro adds a burst of color and freshness to the finished dish, enhancing its visual appeal.

Directions:

- Prep Time: 10 minutes (plus marinating time)
- Cook Time: 30 minutes
- Total Time: 40 minutes
- Servings: 4

Preparing Pineapple BBQ Baked Chicken Breast is a breeze with these simple steps. Start by preheating your oven to the specified temperature to ensure even cooking. Marinate the chicken breasts in a mixture of pineapple juice, BBQ sauce, soy sauce, minced garlic, and brown sugar to infuse them with flavor and tenderness. Letting the chicken marinate for at least 30 minutes allows the flavors to meld together, but you can also marinate it overnight for even better results. Once marinated, arrange the chicken breasts in a baking dish, top them with pineapple slices, and pour the remaining marinade over them. This step ensures that the chicken stays moist and flavorful during baking. After baking for the specified time, garnish the chicken breasts with fresh cilantro before serving for a vibrant and aromatic finishing touch.

1. **Preheat Oven:** Preheat your oven to 375°F (190°C).
2. **Marinate:** In a large bowl, mix together the pineapple juice, BBQ sauce, soy sauce, minced garlic, and brown sugar. Season the chicken breasts with salt and pepper, then toss them in the marinade. Let them sit for at least 30 minutes, or marinate overnight in the fridge for enhanced flavor.
3. **Prepare Baking Dish:** Place the marinated chicken breasts in a baking

dish. Top each breast with pineapple slices. Pour the remaining marinade over the chicken.

4. **Bake:** Bake for 25-30 minutes, or until the chicken is cooked through and no longer pink in the center.
5. **Garnish and Serve:** Garnish the baked chicken breasts with fresh cilantro before serving. Enjoy with rice, salad, or your favorite side dish.

Notes:

- For extra flavor, you can grill the pineapple slices before topping the chicken breasts.
- Adjust the amount of BBQ sauce and brown sugar to suit your taste preferences.
- Leftovers can be stored in an airtight container in the refrigerator for up to 3 days.

Cooking Techniques:

- Marinating the chicken in the pineapple BBQ sauce adds depth of flavor and helps to tenderize the meat.
- Basting the chicken with the marinade while baking ensures that it stays moist and flavorful.

Conclusion:

With its perfect balance of sweet and savory flavors, Pineapple BBQ Baked Chicken Breast is sure to become a family favorite. Whether you're cooking for a crowd or simply craving a delicious meal, this recipe is a winner. So fire up your oven, gather your ingredients, and get ready to enjoy a taste sensation that will leave everyone asking for seconds!

[Can You Lose 7 Pounds in 1 Week by Drinking a Juice Made with Cucumber, Lemon, Ginger, and Pineapple?](#)



Juice Detox: An Overview Juice detox diets have gained popularity in recent years as a ... [Read more](#)

[Read more ..](#)

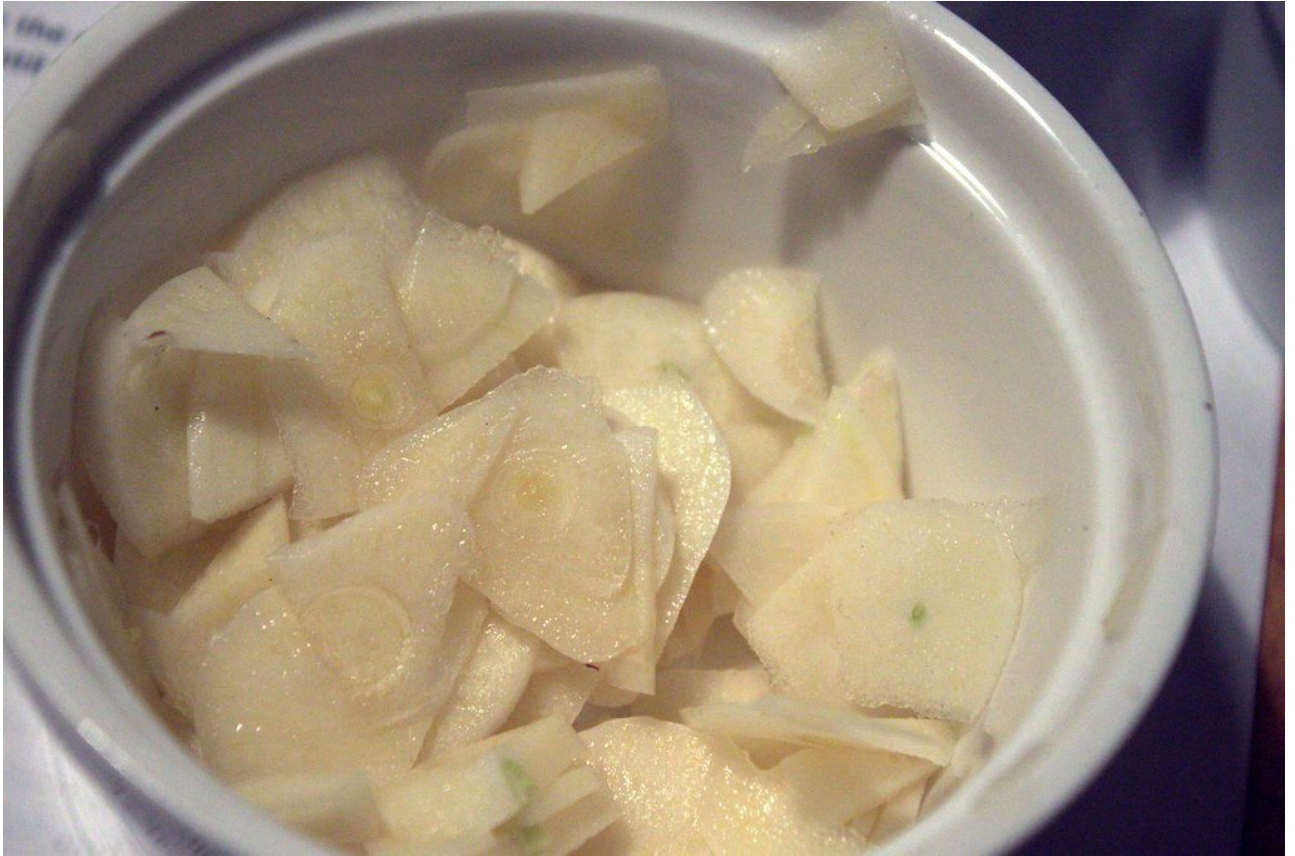
[Eliminate Aphids, Ants, and Bed Bugs Permanently with This Traditional Method](#)



Eliminating Pests Effectively In the quest for a pest-free home, traditional methods are often overlooked ... [Read more](#)

[Read more ..](#)

- [My grandmother taught me how to make fermented garlic, and I still do it! It has saved me several times!](#)



Discovering the Art of Fermented Garlic Fermented garlic, a tradition passed down through generations, offers ... [Read more](#)

[Read more ..](#)
