



Greater Cleveland
Food Bank

Grilled Chicken and Pineapple

Yield: 4 servings (serving size: 1 sandwich)



Ingredients

- 4 (6-oz.) skinless, boneless chicken breast halves
- ½ teaspoon salt
- ¼ teaspoon black pepper
- Cooking spray
- ¼ cup lime juice
- 4 slices fresh pineapple

Optional: Buns for sandwich

Directions

1. Prepare grill
2. Sprinkle chicken lightly and evenly with salt and pepper.
3. Place chicken on grill rack coated with cooking spray; grill 5 to 6 minutes on each side or until done, brushing occasionally with lime juice.
4. Grill pineapple 2 to 3 minutes on each side or until browned.
5. Place pineapple on chicken.
6. Optional: Place on bun if making a sandwich!



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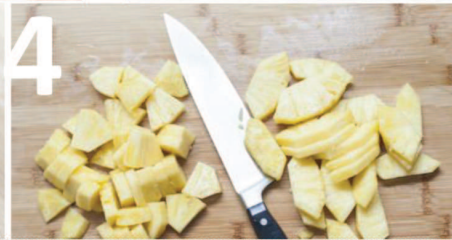
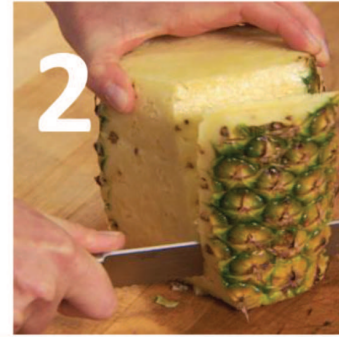
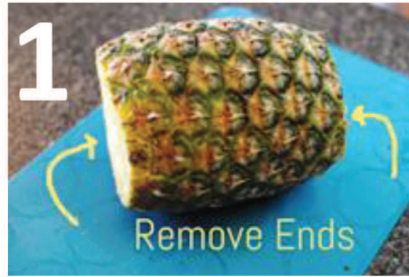
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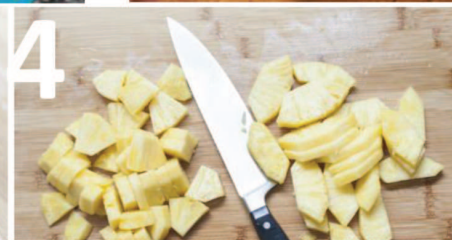
How to cut a pineapple in 4 easy steps:

Tip: When picking a pineapple, select a pineapple that is plump and fresh-looking. The leaves in the crown should be fresh and green, and the body of the pineapple firm.



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