Pacific Islands & Oceania
HAWAIIAN BBQ CHICKEN



INGREDIENTS

- 3 Pounds Chicken Thighs (boneless, skinless)
- ½ Cup BBQ Sauce
- 1 Cup Pineapple Juice (from canned pineapple)
- ¼ Cup Soy Sauce
- ¼ Cup Brown Sugar (packed)
- 2 Teaspoons Sesame Oil
- ½ Teaspoon Garlic Powder
- ¼ Teaspoon Ground Ginger
- 7½ Cups Pineapple Slices (canned in 100% juice, drained)

DIRECTIONS

1. Drain the pineapple slices, reserving 1 cup of the juice.
2. In a saucepan, whisk together the BBQ sauce, pineapple juice, soy sauce, brown sugar, sesame oil, garlic powder and ginger.
3. Boil for 3 to 4 minutes, stirring occasionally, until thickened. Remove from heat and divide the sauce between two bowls.
4. Preheat the grill to medium-high heat. Brush the chicken with sauce from the first bowl and grill for 7 minutes. Discard any sauce left in the first bowl.
5. Flip the chicken, brush with sauce from the second bowl and add the pineapple slices to the grill. Close and cook 5 to 7 more minutes, until the chicken reaches 165°.
6. Cut the chicken and pineapple into bite-size pieces and serve per portion sizes below.

MEAL PATTERN CONTRIBUTION

Fruit
Meat/Meat Alternate

MEAL TYPE

Lunch/Supper

YIELD

30 Ounces Chicken + 7½ Cups Pineapple

PORTION SIZES

Toddler:	1 Ounce Chicken + ⅛ Cup Pineapple
Preschool:	1½ Ounces Chicken + ¼ Cup Pineapple
School Age:	2 Ounces Chicken + ¼ Cup Pineapple
Adult:	2 Ounces Chicken + ½ Cup Pineapple