

Hawaiian BBQ-Style Chicken

Ingredients

2 chicken breasts, boneless and skinless

½ cup BBQ sauce

1 pineapple thickly sliced

6 cups mixed greens

1 red onion, sliced

1 cup grape tomatoes, halved

Dressing

½ cup pineapple juice

2 tbsp apple cider vinegar

¼ cup olive oil

Sea salt and fresh ground pepper

Method

Preheat grill or BBQ to medium high. Season chicken and grill until no longer pink = about 8 minutes per side.

Liberal brush BBQ sauce over chicken. Cook 2-4 minutes per side. Remove from heat

Grill pineapple 2-3 minutes per side. Set aside.

Slice chicken and pineapple into bite-size pieces.

Mix together in salad bowl. Pour dressing over just before serving.