

# Healthy Marinades for Healthy Grilling:

## Hawaiian Chicken

Try this light marinade packed with the flavours of pineapple and ginger. Remember to use acidic, *thin* marinades (vinegar, citrus) instead of thick marinades to prevent charring and exposure to harmful chemicals.

*Yields 4 servings*

### Ingredients:

- ¼ cup pineapple juice
- 2 tablespoons ketchup
- 2 tablespoons lower-sodium soy sauce
- 1 ½ teaspoons minced peeled ginger
- 2 garlic cloves, minced
- 4 (6-ounce) skinless, boneless chicken breast halves
- Cooking spray
- ¾ teaspoon salt, divided
- ¼ teaspoon black pepper
- 2 cups hot cooked long-grain white rice
- ¼ cup chopped fresh cilantro or fresh pineapple chunks

### Preparation:

1. Combine first 5 ingredients. Reserve 1/4 cup marinade; place remaining marinade in a zip-top plastic bag. Add chicken to bag; seal. Chill 4 hours.
2. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Remove chicken from bag; discard marinade in bag. Sprinkle chicken with 1/2 teaspoon salt and pepper. Add chicken to pan; baste with 2 tablespoons reserved marinade. Cook 6 minutes. Turn chicken over; baste with 2 tablespoons reserved marinade. Cook 6 minutes.
3. Combine rice, 1/4 teaspoon salt, and cilantro. Top with pineapple chunks.

**TIP!** Cut chicken into *smaller* pieces to avoid grilling on high heat for too long. To add fiber, swap white for brown rice!

### **Nutritional Information (per serving):**

Calories: 247  
Total Fat: 1.8g  
Sat. Fat: 0.5g  
Carbs: 25.2g  
Fiber: 0.5g  
Protein: 29.9g



Source: <http://www.cookinglight.com>