

Pineapple Chicken

6 boneless/skinless chicken breasts
1 can pineapple chunks in juice
1 green pepper seeded and chopped
1 onion chopped
½ cup and 1/3 cup Teriyaki Sauce
Garlic powder & salt for sprinkling on each chicken breast
Water (if needed)



Preheat Oven 350°

Place the cleaned chicken breast and ½ cup teriyaki sauce in a Ziploc bag. Place in refrigerator and let marinade for at least 1 hour. Or overnight

Drain chicken and discard marinade.

In medium size baking dish arrange chicken breasts so they are about ½ inch apart or more.

Sprinkle chicken with garlic powder and salt.

Add peppers, onions, pineapple chunks, juice, and teriyaki sauce to cover chicken.

Add water so liquid is ½ inch from the bottom of baking dish.

Bake for 40 minutes (or until the internal temperature of the chicken is 165° F)

Enjoy with a side of rice