



Ingredients

- ✓ 3 packed tablespoons dark brown sugar
- ✓ 2 tablespoons champagne vinegar
- ✓ 2 tablespoons olive oil, plus more for cooking
- ✓ 1/4 teaspoon sea salt
- ✓ 1 teaspoon garlic powder
- ✓ ¼ to ½ teaspoon ground cayenne
- ✓ ½ teaspoon black pepper
- ✓ 1 cup canned pineapple, reserving the juice
- ✓ ¼ cup finely diced red onion
- ✓ 1 ½ pounds boneless, skinless chicken breasts
- ✓ Jasmine or Basmati rice, for serving

Pineapple Chicken

A confluence of events led to this modified recipe from the New York Times. The divine [Anne Bogel sent out her newsletter with a grilled pineapple recipe](#) and I was immediately intrigued. We had some chicken, and, thanks to the pandemic and COSTCO, tons of canned pineapple. How could I marry these two delights?

Serendipitously, [the New York Times had a recipe that fit the bill](#). I've adapted it tremendously, but the essence is still there – and OMG, it's incredible!

Directions

1. In a large bowl, stir together the brown sugar, vinegar, 2 tablespoons olive oil, salt, garlic powder, ground cayenne and black pepper.
2. Add the pineapple juice and onion to the marinade mixture in the large bowl, then add the chicken and toss to coat. Set aside to marinate at room temperature for 15 minutes (and no longer).
3. Once the chicken is done marinating, slap it on a nice hot grill. The edges will caramelize and blacken.
4. Should you be inclined, put the remaining pineapple into a tin plate or aluminum foil and grill alongside the chicken. Rings work better than chunks. Or follow Anne's recipe above.
5. Serve the chicken over rice, with the grilled pineapple on the side. NOM!

As seen in J.T. Ellison's newsletter. For more recipes, visit JTEllison.com/Recipes. Want a wine to go with your recipe? Check out J.T.'s wine blog at TheWineVixen.com.