

HAWAIIAN CHICKEN

4 4-oz chicken breasts, boneless and skinless

1 16-oz can crushed pineapple

1/4 cup low sodium soy sauce

1 kiwi fruit, peeled and diced

1 orange, peeled, seeded and diced

2 scallions, sliced

1/8 tsp ginger powder

Dash of cayenne pepper

Rinse chicken, pat dry and wrap lightly in plastic wrap. With mallet, pound lightly to tenderize. Drain pineapple, reserving juice. In large bowl, add soy sauce, pineapple juice and chicken breasts.

Let marinate for 30 – 45 minutes. Discard marinade.

Place chicken breasts on hot grill and cook thoroughly. In a saucepan, combine crushed pineapple, kiwi, orange, scallions, ginger and pepper.

Cook over low heat until warm.

Drizzle warm fruit sauce over cooked chicken before serving.

Serves 4.

