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ALABAMA

#EATBETTER

ALOHA CHICKEN

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TIPS

Serve over cooked whole-grain rice.

Try this recipe with fresh pineapple.
Choose one that is firm but slightly
soft when squeezed.



Want to see the
finished product?
Scan the code to
see how it's done.



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ALOHA CHICKEN

SERVES 6



INGREDIENTS

Cooking spray
6 skinless chicken thighs
2 teaspoons chili powder
2 teaspoons garlic powder
2 teaspoons salt
2 teaspoons pepper
 $\frac{3}{4}$ cup sweet barbecue sauce
2 cups red pepper, sliced
1 can pineapple chunks, 20 ounces, drained

DIRECTIONS

1. Preheat oven to 400 degrees. Spray baking sheet with cooking spray.
2. Pat chicken dry with paper towel. Set to the side.
3. Mix chili powder, garlic powder, salt, and pepper in small bowl. Coat chicken on both sides with mixture.
4. Place chicken in pan.
5. Top chicken with barbecue sauce.
6. Spread peppers and pineapple around chicken.
7. Bake 40 minutes or until meat reaches internal temperature of 165 degrees.

| Main Dish |