

Caribbean Glazed Chicken



Prep:

5 mins

Total:

30 mins

Sirve:

4 - 6 servings

Pieza:

11" Large Skillet with Cover

1.5 Qt. Double Walled Bowl

3.5 Qt. Double Walled Bowl

Valora: ★★☆☆☆

Contribuido por:

Diana Valenciano

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Descripción de la Receta:

We all know chicken can get boring sometimes. NOT anymore! Bring the island home to you! This recipe is full of Caribbean flair and is what we like to call, finger-licking-good! Serve over white rice or in lettuce wraps for a healthier alternative. And don't worry if you forgot to take the chicken out of the freezer, because cooking frozen chicken breast in Saladmaster 316Ti cookware is a dream come true!

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4 large
 chicken breasts, boneless & skinless
 ½ cup
 honey
 (170
 g)
 ¼ cup
 pineapple juice
 (59
 ml)
 2 tbsp
 apple cider vinegar
 (30
 ml)
 2 tbsp
 olive oil
 (28
 g)
 2 tbsp
 light brown sugar, packed
 (12
 g)
 1 tbsp
 Jamaican jerk seasoning
 (8
 g)
 1 tsp
 black pepper, ground
 (5
 g)
 1 tsp
 salt (optional, for the glaze)
 (5
 g)
 1 cup
 mango, diced
 (100
 g)
 1 cup
 pineapple, diced
 (100
 g)

Preparación :

1. Place your chicken in a bowl and season with the jerk seasoning. Use your hands to rub the seasoning into the chicken and set aside.
2. In a small bowl, add the honey, pineapple juice, apple cider vinegar, olive oil, jerk seasoning, pepper and light brown sugar. Whisk until combined.
3. Preheat skillet over medium heat for 7-9 minutes or until a sprinkle of water skitters and dissipates. Add the chicken and cover. Cook for 10 minutes and then remove from the skillet.
4. Add pineapple, mango and salt (optional) to the skillet, cover and cook for 5 minutes to allow the fruit to release its natural sugars.
5. Add the cooked chicken back into the skillet and add the sauce. Cover and let simmer for 7 minutes.
6. Serve over white rice, quinoa or in lettuce wraps for a healthier low-carb alternative.

Información nutricional por ración

Calorías: 216
Grasa Total: 4g
Grasa 0g
Saturada:

Cholesterol: 65mg
Sodium: 164mg
Carbohydrates: 17g
Fiber 1g
Dietetic:
Sugar: 17g
Protein: 26g
