

# POLYNESIAN GRILLED CHICKEN



## Ingredients:

### Marinade:

1	Cup	Water
¼	Cup	Liquid Aminos (or soy sauce)
¼	Cup	Red Wine
⅓	Cup	Brown Sugar
1	Tablespoon	Toasted Sesame Oil
1	Teaspoon	Garlic Powder
1	Teaspoon	Onion Powder
½	Teaspoon	Ground Ginger
1½	Teaspoons	Red Pepper Flakes
4	4-6 oz	Chicken Breasts
1	Each	Fresh Pineapple
12	Slices	Bacon, cut in half

## Directions:

1. Whisk marinade ingredients in a medium sized container with a tight fitting lid until sugar dissolves.
2. Rinse and pat dry the chicken breasts and cut each breast into 6 pieces. Add to marinade. Cover and refrigerate 8 hours or overnight.
3. Cut top and bottom from pineapple, the cut into quarters and remove core. Cut each spear into 6 chunks. Cover and refrigerate until ready to use.
4. While grill is heating, wrap chicken chunks with bacon and skewer, alternating with pineapple pieces. Grill skewers over medium-high heat about 4 – 5 minutes per side. Serve with Coconut-Cashew Quinoa as a side, if desired.