



## Hawaiian Chicken



1 lb. chicken tenders or breasts

1 c soy sauce

1 c water or pineapple juice

3/4 c brown sugar

2 T sliced green onions

1/4 c sweet onion, chopped

1/4 t garlic powder

1/2 t sesame oil

1 c coconut milk (canned)

rice, cooked

chopped fresh pineapple, soy sauce, green pepper and green onions for garnish

In large Ziploc bag, combine soy sauce, water or pineapple juice, brown sugar, green onions, sweet onion, garlic powder, sesame oil and coconut milk. Marinate chicken in mixture for at least 1 hour or up to several hours.

Preheat grill using high heat. Grease grill rack. Remove chicken from marinade and place chicken on grill. Turn heat to low. (You want to grill chicken on low so it cooks through to the middle without charring the outside.) Cook chicken on one side for 1-2 minutes\*. (As soon as edges start turning from translucent to opaque, turn chicken.) Flip. Cook again 1-2 minutes. Flip. Repeat again, cooking both sides for another 1-2 minutes each. Cook only until inside is no longer pink and juices run clear but no longer. If you cook it longer than that, chicken will be dry. Serve over coconut rice and garnish with pineapple, soy sauce, green pepper and green onions.

\*Cook chicken breasts 1-2 minutes each side, twice. Cook chicken tenders 1-2 minutes each side, once.