

Caribbean Glazed Chicken



Prep:

5 mins

Total:

30 mins

Makes:

4 - 6 servings

Utensil:

11" Large Skillet with Cover

1.5 Qt. Double Walled Bowl

3.5 Qt. Double Walled Bowl

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Contributed By:

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Recipe Description:

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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chicken breasts, boneless & skinless

¹?₂

cup

honey

(170

g)

¹?₄

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)

Directions:

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.

Nutritional Information per Serving

Calories:

216

Total Fat:

4g

Saturated Fat:

0g

Cholesterol:

65mg

Sodium:

164mg

Total Carbs:

17g

Dietary Fiber:

1g

Sugar:

17g

Protein:

26g