

Dan's Island Chicken

Ingredients:

6 chicken breasts
2tbs red pepper or cayenne
1tbs allspice
1/4 tsp. cinnamon
1/4 tsp. garlic powder
1tsp ginger
1tbs brown sugar
1 14.5 oz. can diced pineapple
1 cup brown sugar
1 tbsp. honey

Wash and pat dry the chicken. Mix all spices and one tbsp. of brown sugar together in a large bowl. Sprinkle over chicken and let sit in the refrigerator for 2 hours. Remove the chicken from the refrigerator and let come to almost room temperature.

In a medium size pot, add the pineapples, pineapple juice, cup of brown sugar, and tbsp. of honey and cook over medium heat; stirring frequently.

Cook chicken on the grill or in the broiler; drizzling the sauce over the chicken when done. Use the remaining sauce for dipping. I hope you enjoy!