

# Grilled Hawaiian Chicken Bowls

## INGREDIENTS

- 1½ pounds boneless, skinless chicken breasts or thighs
- 1 red bell pepper, sliced into thick strips
- 1 pineapple
- ½ cup BBQ sauce
- 1 tablespoon low-sodium soy sauce
- 1 teaspoon garlic powder
- Optional: ½ teaspoon smoked paprika or chili powder
- 1 tablespoon olive oil
- Salt and pepper, to taste
- 2-3 cups cooked brown rice (microwavable or prepped ahead)
- Fresh cilantro or green onions, for garnish

## DIRECTIONS

1. In a medium bowl, mix BBQ sauce, soy sauce, garlic powder, and smoked paprika (if using). Set aside 2-3 tablespoons for basting.
2. Add chicken to the bowl and toss to coat. Let sit at room temp for 15 minutes while you prep the rest.
3. Slice red bell pepper into thick strips
4. Cut pineapple into chunks
5. Toss both with olive oil and a pinch of salt
6. Warm the brown rice (if using microwavable, heat just before serving)
7. Heat to medium-high (about 400-425°F). Brush grates with oil.
8. Grill chicken 5-7 minutes per side, basting with reserved marinade, until fully cooked and lightly charred
9. Grill pineapple and peppers for 2-3 minutes per side until charred and caramelized
10. Add a scoop of brown rice to each bowl. Top with sliced grilled chicken, pineapple, and peppers. Garnish with chopped cilantro or green onions.