

# Pineapple and Grilled Chicken Sliders

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**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

**Serves:** 6

**Prep:** 15 minutes | **Cook:** 10 minutes

## INGREDIENTS

- Juice of 1 lemon
- Juice of 1 lime
- 1 tablespoon apple cider vinegar
- Salt and pepper, to taste
- 3 boneless, skinless chicken breasts, cut in half
- 6 fresh or canned pineapple rings
- 2 tablespoons teriyaki sauce
- 6 whole wheat rolls, cut in half and toasted

## DIRECTIONS

1. Make marinade by whisking together lemon and lime juice, cider vinegar, salt and pepper in a large bowl. Add chicken and toss to coat. Cover with lid or plastic wrap and marinate in refrigerator for 1 hour.
2. Preheat grill to medium-high heat and lightly oil the grate.
3. After 1 hour remove chicken from marinade and shake off excess.
4. Grill chicken for 5-7 minutes per side or until juices run clear.
5. Grill pineapple for 2-3 minutes per side or until heated through and grill marks appear.
6. Spread 1 teaspoon teriyaki sauce on each roll followed by chicken and pineapple. Add lettuce, tomato and onion if desired.



## Nutrition Information

*Serving size: 1 slider*

<b>Calories</b>	<b>205</b>
<b>Total fat</b>	<b>2 g</b>
Saturated fat	1 g
<b>Cholesterol</b>	<b>15 mg</b>
<b>Sodium</b>	<b>495 mg</b>
<b>Carbohydrates</b>	<b>34 g</b>
Fiber	4 g
Sugar	11 g
<b>Protein</b>	<b>14 g</b>

Recipe source: Lindsey Pfeiffer  
via All Recipes