

Caribbean Chicken (Main Courses)

1 (20 oz.) can pineapple chunks in juice, drained and chopped
1/2 small red onion, chopped
1/4 cup cilantro, chopped
1 red bell pepper, chopped
2 lbs. boneless, skinless chicken thighs
3 to 4 Tbsp. Halladay's Sweet & Spicy Jerk Chicken Seasoning
1 Tbsp. olive oil

Combine pineapple, onion and cilantro; set aside. Rub chicken with seasoning. Grill chicken or cook in a skillet with olive oil. Serve with pineapple mixture and rice and beans, if desired.