

PINEAPPLE CHICKEN



Simple and healthy, this chicken is a family favorite!

Ingredients:

2 family packs of chicken legs and thighs with skin, bone in

3 – 4 rings fresh pineapple, cut into chunks*

3 Tablespoons organic ketchup

3 Tablespoons pure organic maple syrup

2 teaspoons [fresh squeezed](#) lemon juice

Himalayan pink salt, black pepper and organic garlic powder, to taste

Putting it all together:

- Pre-heat oven to 375 F.
- Trim chicken of excess fat and place in single layer on parchment lined pan or glass baking dish.
- Sprinkle with salt, pepper and garlic powder
- Combine ketchup, maple syrup, lemon and pineapple in a small bowl. Brush over chicken pieces.
- Bake for 1 hour, uncovered, basting occasionally.

Notes:

* We love this simple and easy [pineapple corer](#).

Optional: Top with fresh parsley before serving.

Sauce from the chicken is delicious on top of organic brown rice or gluten free noodles.
