

Sweet-and-Spicy Chicken

PREPARATION TIME
5 minutes

COOKING TIME
30 minutes



PERFECT PARTNER
winter squash



An 8-ounce can of crushed pineapple or pineapple chunks can be puréed in the blender and thinned with $\frac{1}{4}$ cup water for an economical alternative to frozen pineapple juice concentrate.

SHOPPING LIST

- Italian salad dressing
- pineapple juice concentrate
- jalapeño peppers • chicken

ON HAND

- salt • pepper

Sweet-and-Spicy Chicken

INGREDIENTS

- 1 (16-ounce) bottle Italian salad dressing
- 1 (12-ounce) can frozen pineapple juice concentrate, thawed
- 2 tablespoons minced jalapeño peppers
- 12 chicken thighs (4 ounces each)

SERVES **6**

COOKIN' *Express*

• When working with jalapeño peppers, wear plastic or latex gloves to help minimize the time and effort required to remove the hot oil from your hands. All the heat and spice are located in the seeds and membranes, so take extra care not to touch your face or eyes while removing the seeds.

Make Ahead

Combine the dressing, pineapple juice and jalapeños up to 1 day ahead. Cover and refrigerate.

♦ VARIATION

There are many hot peppers on the market today. Remember that the smaller the pepper, the hotter it will be.

- 1** Blend salad dressing and pineapple juice concentrate in a large bowl. Add jalapeños; stir.



- 2** Add chicken to marinade, turning to coat. Grease a large baking dish.

- 3** Preheat oven to 375°F. Remove chicken from marinade; arrange chicken in prepared baking dish. Spoon about 1 tablespoon marinade over each chicken thigh.



- 4** Bake chicken for about 30 minutes or until chicken is tender and juices run clear when meat is pierced with a fork.