

Sheet-Pan Teriyaki Chicken and Pineapple Stir-Fry



No wok necessary for this stress-free, stir fry-inspired dinner! Bite-size pieces of chicken are tossed with a flavor-packed honey-teriyaki sauce, pineapple chunks and red pepper strips, spread on a sheet pan and popped in a hot oven for a quick and simple dinner.

Ingredients

- **1/4** cup teriyaki sauce
- **1** tablespoon honey
- **1** tablespoon Sriracha sauce
- **3** boneless skinless chicken breasts, cut into 1-inch chunks
- **1 1/2** cups 1-inch cubes fresh pineapple
- **2** medium carrots, cut diagonally into 1/2-inch slices
- **1** medium red bell pepper, thinly sliced
- **1** teaspoon sesame seed
- **3** green onions, thinly sliced

Steps

- **1** - Heat oven to 500°F. Spray 18x13-inch rimmed sheet-pan with cooking spray.
- **2** - In large bowl, beat teriyaki sauce, honey and Sriracha sauce with whisk. Add chicken, pineapple, carrots and bell pepper; gently toss to coat. Arrange in single layer on sheet pan.
- **3** - Bake 14 to 16 minutes or until chicken is no longer pink in center (at least 165°F). Serve immediately, garnished with sesame seed and green onions.

- **Tip 1**

You can trim a whole pineapple and cut into cubes, or you can buy the precut fresh pineapple sold in the produce section of most grocery stores.

- **Tip 2**

Steamed white or brown rice would make a nice accompaniment to this dish.