



Hawaiian Chicken & Sweet Potato Foil Packets

Serves: 4



Ingredients

- 1½ lbs boneless, skinless chicken breasts, cut into 1-inch pieces
- 2 medium sweet potatoes, diced small
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 1½ cups pineapple chunks (fresh or canned in juice, drained)
- 1 small red onion, chopped
- 2 tbsp olive oil
- 2 tbsp low-sodium soy sauce
- 1 tbsp honey
- 1 tsp garlic powder
- ½ tsp ground ginger
- Salt and pepper to taste



Instructions

1. Preheat grill to medium heat (375–400°F).
2. Microwave the diced sweet potatoes for 4–5 minutes to give them a head start.
3. In a large bowl, combine chicken, sweet potatoes, peppers, pineapple, and onion.
4. Whisk together olive oil, soy sauce, honey, garlic powder, ginger, salt, and pepper. Pour over the mixture and toss to coat.
5. Divide evenly among 4 large sheets of heavy-duty foil.
6. Fold and seal packets tightly.
7. Grill for 18–22 minutes, flipping once halfway through, until chicken reaches 165°F and vegetables are tender.
8. Carefully open packets and serve.



Nutrition Highlights

- 30+ grams of protein per serving
- Excellent source of fiber and vitamin C
- Naturally sweetened with pineapple
- Balanced combination of protein, fiber-rich carbs, and produce



Make-Ahead Friendly

Assemble packets up to 24 hours in advance and refrigerate until ready to grill.