

# HULI HULI CHICKEN

4 lbs boneless, skinless Chicken Breasts or thighs (**OR** 3-4 Cans of Chicken)

12 oz Pineapple Juice

½ cup Soy Sauce

½ cup Brown Sugar

¼ cup Rice Vinegar

1/3 cup Ketchup

1 tsp. minced Garlic

1 tsp. minced ginger

1 TBS Worcestershire sauce

1 TBS. Cornstarch

Green Onion for garnish (can us dried, but rehydrate first)

1. Mix together all ingredients but chicken, cornstarch and green onion.
2. Set aside 1 cup marinade.
3. Pour the remaining marinade over chicken in a bowl or zippered plastic bag and refrigerate for 3 hours to overnight.
4. In a sauce pan combine 1 cup of reserved marinade and cornstarch, stir and heat until thickened.
5. Discard marinade from chicken.
6. Place chicken on grill over medium heat. Cook on each side, turn several times and brushing chicken with thickened marinade after each turn. Grill until cooked through and glaze has thickened.
7. Garnish with green onions.
8. If doing it in the oven **BAKE at 350** degrees F for about **20 minutes** or until chicken is cooked through. Baste and turn as you would on the grill.