



Palatable

Teriyaki Chicken and Pineapple Rice Casserole

🕒 Prep: 30m • Cook: 1h 20m • Total: 1h 50m

Ingredients

- 3 tablespoons packed brown sugar
- 3 tablespoons soy sauce
- 1 1/2 teaspoons grated ginger root
- 1 1/2 teaspoons finely chopped garlic
- 1/4 teaspoon crushed red pepper flakes
- 1 tablespoon cornstarch
- 1/4 cup water
- 1 1/2 cups uncooked Minute® instant white rice
- 1 can (8 oz) pineapple tidbits, undrained
- 1 red bell pepper, diced
- 1/4 cup sliced green onions (about 3)
- 1 1/4 cups Progresso™ chicken broth (from 32-oz container)
- 4 boneless skinless chicken breasts (5 oz each)
- 1/2 teaspoon salt

Instructions

1. Heat oven to 350 degrees F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
2. Make teriyaki glaze by mixing brown sugar, soy sauce, gingerroot, garlic and pepper flakes in 8-inch nonstick skillet.
3. Stir over medium heat until sugar is melted.
4. In small bowl, beat cornstarch and water; add to soy mixture.
5. Cook 1 to 2 minutes, stirring occasionally, until mixture starts to simmer and has thickened.
6. Cool slightly; reserve 2 tablespoons glaze in small bowl; cover and refrigerate.
7. Mix rice, pineapple, bell pepper, 3 tablespoons of the onions and the broth in baking dish.
8. Season both sides of chicken with salt; brush with 2 tablespoons of the unrefrigerated glaze.
9. Stir remaining unrefrigerated glaze into rice mixture; place chicken on top of rice.
10. Cover tightly with foil.
11. Bake 40 to 50 minutes or until juice of chicken is clear when center of thickest part is cut (at least 165 degrees F). Serve topped with reserved 2 tablespoons refrigerated glaze and remaining 1 tablespoon green onions.

Notes

Tips

Minute® Rice is a parboiled style of rice which yields the best results for an oven casserole.

Fresh pineapple can be substituted for canned pineapple in this recipe. Use 1 cup of pineapple, and increase broth to 1 3/4 cups.

The size of the boneless chicken breast (5oz) in this recipe is critical for accurate cooking times and doneness. Always measure the internal temperature (165 degrees F) to ensure chicken is completely cooked without sacrificing moisture.

🔗 Source : <https://www.bettycrocker.com/recipes/teriyaki-chicken-and-pineapple-rice-casserole/0407663e-8bb8-4c49-a38a-0660cc60b988>