



Healthy Pineapple Chicken Recipe: Delicious and Easy

This healthy pineapple chicken recipe is bright, colorful, and packed with fresh flavor. Tender chicken, sweet pineapple, crisp peppers, and broccoli come together in a simple lime-garlic sauce that's naturally sweetened with date syrup.

Unlike most pineapple chicken recipes, this version skips the oil, refined sugar, cornstarch, and processed sauces. Instead, it uses real ingredients to create bold flavor while keeping the dish light, nourishing, and satisfying.

When I made this for dinner with my brother, he immediately said it was one of his favorite recipes. That alone made my day.

Everything cooks in one skillet, making this an easy, vibrant meal that proves healthy really does taste delicious. It also reheats beautifully, which makes it great for meal prep.

Watch the YouTube channel to see how easy this comes together.

Choose organic ingredients whenever possible.

Ingredients

Chicken and Vegetables

1½ pounds boneless, skinless chicken thighs, cubed
10 ounces frozen pineapple cubes
2 cups red and yellow bell peppers, chopped
2 cups broccoli florets, cut into bite-size pieces
4 fresh garlic cloves, shredded or finely grated
¼ cup vegetable broth

Sauce and Marinade

3 tablespoons date syrup
3 tablespoons Bragg's aminos
1 tablespoon coconut aminos
Juice of 1 lime
2 tablespoons Togarashi seasoning

Instructions

1. Prepare the chicken

Wash and cube the chicken. Set aside.

2. Prep the vegetables

Wash and chop the bell peppers. Wash and cut the broccoli into bite-size pieces.

3. Steam the broccoli

Steam the broccoli on the stovetop for about 5 minutes, until just tender. Set aside.

4. Shred the garlic

Shred the garlic cloves using a cheese grater or garlic shredder.

5. Make the marinade

In a bowl, whisk together the Bragg's aminos, coconut aminos, lime juice, date syrup, shredded garlic, and Togarashi seasoning.

6. Marinate the chicken

Pour the marinade over the cubed chicken and let it sit for at least 15 minutes.

7. Cook the peppers

In a large skillet, sauté the peppers in the vegetable broth over medium heat until tender, about 10 minutes.

8. Cook the chicken

Add the marinated chicken and sauce to the skillet. Cook until the chicken is browned and reaches an internal temperature of 165 degrees F, about 15 minutes.

9. Add the pineapple

Stir in the pineapple cubes and cook for about 10 minutes so the flavors combine and the pineapple warms through.

10. Finish with broccoli

Add the steamed broccoli and cook for about 5 minutes, just long enough to heat it through and coat it with the sauce.

Serving

Serve it right out of the skillet, or spoon it over brown rice if grains are part of your routine.

This colorful dish stores well in the refrigerator and reheats easily, making it an excellent option for busy days when you want something healthy, flavorful, and ready to go.