

RECIPE | PEPPERS

HAWAIIAN CHICKEN BAKE



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HAWAIIAN CHICKEN BAKE

Recipe created by *Heather Englund*



60 min

15 min
PREP.

45 min
COOKING



6



easy

INGREDIENTS

- 1lb bag** Pure Flavor® Aurora Bites Mini Sweet Peppers, sliced in rounds
- 4 cups** brown rice, cooked
- 3.5 cups** chicken, cooked and shredded
- 1 cup** crushed pineapple; excess liquid removed

- ½ cup** plain whole-milk kefir
- ⅓ cup** coconut aminos
- ¼ cup** avocado oil mayonnaise
- 1 tsp** avocado oil
- 1 tsp** garlic powder

DIRECTIONS

- 1** Preheat oven to 350°F.
- 2** Heat oil in large skillet over medium heat. Add peppers and sauté 10 minutes, or until slightly browned. Remove from heat.
- 3** Add half the cooked peppers, rice, chicken, and pineapple into a large bowl and mix to combine.
- 4** In a small bowl whisk together the kefir, coconut aminos, mayonnaise, and garlic powder. Pour over the chicken and rice mixture and stir until fully combined.
- 5** Add the mixture into a large baking dish and top with the remaining cooked peppers.
- 6** Cover with foil and bake for 35 mins, or until it is warmed through and bubbling around the edges. Enjoy!