



## RECIPE | PEPPERS

# HAWAIIAN CHICKEN BAKE



60 min

15 min  
PREP.

45 min  
COOKING



6



easy

## INGREDIENTS

Recipe created by *Heather Englund*

**1 lb 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

**1/3 cup** plain whole-milk kefir

**1/3 cup** coconut aminos

**1/4 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!

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