

# Pineapple Teriyaki Marinade

Marinating meat like chicken doesn't have to be an all-day process. If you get home and realize you've forgotten to prep for dinner, don't fret. Use your NESCO Vacuum Sealer to open meat's pores and immerse flavors in less time than traditional marinating. Use this trick with recipes like delicious Pineapple Teriyaki Marinade and see how you can make dinner a quick and easy process!

## Your Key Ingredients:

[NESCO Vacuum Sealer](#)

[NESCO Vacuum Seal Bags](#)

## Grocery Ingredients:

1/3 cup soy sauce  
1/4 cup lime juice  
1/2 can crushed pineapple  
1/2 cup honey  
1/3 cup ketchup  
1 teaspoon sesame oil  
4 clove garlic, minced  
1 teaspoon crushed red pepper flakes  
1 tablespoon fresh ginger root, grated  
1 green onion, minced  
4 uncooked chicken breasts

## Instructions:

1. In a large bowl, stir all ingredients except chicken breasts together until mixed.
2. Pour into Vacuum Seal Bag and add chicken.
3. Remove air and seal to marinate meat quickly.
4. Let sit for at least a half-hour.

5. Cook as desired.