

5. Pineapple Chicken

4 Servings

Ingredients

2 tsp canola or sesame oil
1 (10-oz) package frozen broccoli (or stir-fry vegetable mix), thawed*
1/2 C stir-fry sauce
1/4 C pineapple juice, use reserved juice from canned pineapple
1/4 tsp garlic powder
1/4 tsp crushed red pepper (optional – use if you like it hot!)
1 (15-oz) can pineapple chunks or tidbits, drained (reserve the juice!)
2 C diced cooked chicken or 2 (10-oz) cans chicken breast, drained and flaked

Method

1. Heat the oil in a large skillet over medium high heat. Add all ingredients EXCEPT the pineapple & chicken. Cook and stir until heated through, 5 – 6 min.
2. Add pineapple and chicken; cook another 2 minutes.

Serve over instant brown rice or whole wheat pasta.

* Thaw frozen vegetables in the microwave or by holding the package under cold running water for several minutes.