|  |  |  |
| --- | --- | --- |
|  | **Ingredients** | **Step** |
| Asian Citrus Chicken | 2 teaspoons  **vegetable oil**  3  **chicken breasts**, boned, skinned, and cut into 2-inch pieces  2 slices  fresh **ginger** root, peeled and minced, or 1/2 teaspoon ground ginger  1 clove  **garlic**, minced or 1/4 teaspoon garlic powder  1 can  (8 ounce) **pineapple chunks**, drained (save juice)  1⁄2 cup  **chicken broth** or water (see notes)  2 Tablespoons  **vinegar**  4 cups  sliced **vegetables**, such as celery, green peppers, onions, and mushrooms  1⁄2 cup  **orange juice**  2 Tablespoons  **soy sauce**  1 Tablespoon  **sugar**  3 Tablespoons  **cornstarch**  1 medium **tomato**, cut in wedges | 1. Heat oil in a large skillet over medium-high heat (350 degrees in an electric skillet). 2. Add chicken, ginger and garlic, and cook 5 minutes or until chicken is no longer pink. 3. Add pineapple juice, chicken broth and vinegar. Cover and simmer for 5 minutes. 4. Add sliced vegetables. Cover and cook 3 minutes. 5. Mix orange juice, soy sauce, sugar and cornstarch together in a small bowl. Stir until smooth. Add to skillet and cook, stirring constantly, until mixture comes to a boil and thickens. 6. Add tomato wedges and pineapple chunks. 7. Refrigerate leftovers within 2 hours. |