

Pineapple Chicken



Servings: 4

2 boneless skinless chicken breast, cut into 1-inch pieces

1/2 teaspoon garlic powder

black pepper, to taste

3 tablespoons cornstarch

3 tablespoons olive oil

2 cans pineapple chunks in juice, drained reserving 3/4 cup of juice

1 red bell pepper, chopped

1 onion, chopped

For the Sauce:

3/4 cup pineapple juice

3 tablespoons honey

2 tablespoons soy sauce

1 teaspoon rice vinegar

1 teaspoon fresh ginger, grated

2 garlic cloves, minced

1 tablespoon cornstarch

In a bowl combine chicken, garlic powder, and pepper. Add cornstarch and toss until fully coated.

In a small bowl combine pineapple juice, honey, soy sauce, rice vinegar, ginger, garlic, and cornstarch. Whisk until smooth and set aside.

Add 2 tablespoons of olive oil into a deep skillet over medium-high heat. Cook the chicken for about 4 minutes on each side until the chicken is browned and cooked through (165°F internal temperature.) Transfer the chicken to a plate and set aside.

Add 1 tablespoon of olive oil into the same pan you used to cook the chicken and add the pineapple. Cook without stirring for 1 minute.

Stir in red bell pepper and onions. Cook for about 3 minutes stirring occasionally until the vegetable are tender-crisp.

Add the chicken back to the pan and stir in the sauce. Let it bubble until the sauce thickens.

Serve over rice.

Per Serving (excluding unknown items): 456 Calories; 14g Fat (27.2% calories from fat); 33g Protein; 51g Carbohydrate; 2g Dietary Fiber; 99mg Cholesterol; 504mg Sodium; 39g Total Sugars; 0mcg Vitamin D; 46mg Calcium; 1mg Iron; 827mg Potassium; 336mg Phosphorus. Exchanges: .