



2 boneless, skinless chicken breasts cut into 1-inch pieces
1/2 teaspoon garlic powder
salt and pepper to taste
3 tablespoons cornstarch
3 tablespoons olive oil
2 cans pineapple chunks in juice drain reserving 3/4 cup of the juice.
1 red bell pepper seeded and 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 grated ginger root
2 garlic cloves minced
1 tablespoon cornstarch

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

In a small bowl combine pineapple juice, honey, soy sauce, rice vinegar, ginger root, 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.

Enjoy!