

Easy Pineapple Chicken

4 Servings

- 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

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.

Nutrition information, per serving: 260 calories, 5 g fat, 1 g saturated fat, 29 g carbohydrate, 3 g dietary fiber, 26 g protein, 1100 mg sodium, 60 mg cholesterol.

Good source of vitamins A and C.