

Easy Pineapple Chicken

4 Servings

- 2 tsp canola or sesame oil
- 2 (10-oz) cans chicken breast, drained and flaked (or 2 C diced cooked chicken)
- 1 (10-oz) package frozen broccoli (or stir-fry vegetable mix), thawed*
- 1/3 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 flakes (optional - use if you like it hot!)
- 1 (15-oz) can pineapple chunks or tidbits, drained (reserve the juice!)

1. Heat the oil in a large skillet over medium high heat. Add all ingredients EXCEPT the pineapple. Cook and stir for 2 minutes or until heated through.

2. Top with pineapple.

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: 240 calories, 4.5 g fat, 20 g carbohydrate, 3 g dietary fiber, 33 g protein, 510 mg sodium, good source of vitamins A and C.