



Paradise Pineapple Chicken

Prep: 20 minutes

Cook: 15 minutes • Serves: 4

- 1 pound boneless, skinless chicken breast tenderloins, each cut lengthwise in half
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 3 tablespoons canola oil
- 2 garlic cloves, minced
- 2 teaspoons peeled and grated fresh ginger
- 2 red and/or orange bell peppers, thinly sliced
- 1 medium red onion, cut in half and thinly sliced
- 1 small zucchini, cut into matchstick-thin strips
- ½ cup less-sodium chicken broth
- ⅓ cup packed light brown sugar
- 1 can (8 ounces) sliced pineapple, drained and slices cut in half
- 2 cups cooked long grain white rice

1. Sprinkle chicken with salt and pepper. In large nonstick skillet or wok, heat 2 tablespoons oil over medium-high heat. Add garlic and ginger, and cook 1 minute, stirring constantly. Add chicken and cook 3 minutes or until lightly browned, stirring occasionally. With slotted spoon, transfer chicken to medium bowl.

2. Into same skillet, add bell peppers, onion, zucchini and remaining 1 tablespoon oil, and cook 3 to 4 minutes or just until vegetables are tender-crisp.

3. In small bowl, whisk together broth and brown sugar until brown sugar dissolves. Add wine mixture and chicken to skillet and cook 2 minutes. Add pineapple and cook 3 minutes or until chicken loses its pink color throughout and reaches an internal temperature of 165°; serve with rice.

Approximate nutritional values per serving:

439 Calories, 12g Fat (25% of total calories), 1g Saturated Fat (2% of total calories), 53mg Cholesterol, 276mg Sodium, 59g Carbohydrates, 3g Fiber, 25g Protein

Dietary Exchanges:

4 Starch; 4 Protein; 2 Fat

Chef Tip

To easily grate ginger, peel and freeze ginger before grating.