

## 5. Pineapple Chicken

### 4 Servings

### Ingredients

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

### Method

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.