

Pineapple Chicken

Ingredients:

- 1 1/2 pounds boneless, skinless chicken breasts
- 1 chicken bouillon cube
- 1 cup water, hot
- 28 ounces canned pineapple chunks in juice
- 1/4 cup rice wine vinegar
- 1 tablespoon brown sugar, packed
- 2 tablespoons low sodium soy sauce
- 1/8 teaspoon garlic powder
- 1 onion
- 1 green pepper
- 2 stalks celery
- 1 carrot
- 3 tablespoons cornstarch
- 1/4 cup water

Equipment:

- Cutting board
- Knife
- Non stick skillet
- Spatula
- Measuring cups
- Measuring spoons
- Fork
- Cup

Number of Servings: 6
 Prep Time: 20 minutes
 Total Time: 20 minutes

Directions

1. Heat skillet to medium. Cut chicken into small pieces, removing fat and skin, add to skillet and cook until no longer pink. Be sure to wash hands and all surfaces after handling chicken.
2. Dissolve chicken bouillon cube in 1 cup hot water, set aside. Open pineapple and drain juice into a cup. Set aside.
3. Once chicken is done, add dissolved bouillon, pineapple juice, rice wine vinegar, brown sugar, soy sauce and garlic powder. Cover skillet and simmer on low heat for 10 minutes.
4. While chicken is cooking, chop onion and green pepper. Set aside. Trim ends off carrot and celery. Slice into thin slices.
5. Add vegetables to skillet and cook until tender.
6. While vegetables are cooking, combine cornstarch with water in a cup and whisk with fork until smooth. Slowly pour into hot mixture, stirring constantly, until thickened, about 1 minute more. Serve.

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Nutrition Facts	
Serving Size: 1 cup	
Servings: 6	
Amount Per Serving	
Calories 263	Calories from Fat 27
%Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	4%
Cholesterol 69mg	23%
Sodium 405mg	15%
Total Carbohydrate 31g	10%
Dietary Fiber 2g	10%
Protein 29g	57%
Vitamin A 72%	Vitamin C 57%
Iron 10%	Calcium 5%

*Percent Daily Values are based on a 2,000 calorie diet.

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