



Asian-Inspired Pineapple Chicken

This is a very simple Asian dish packed with vitamin C, and is much healthier than traditional take out. The sweetness of the pineapple coupled with the savoury chicken will leave your mouth watering. This is a quick and easy way to add some variety to your chicken dishes, and is best served over brown rice for a balanced meal.

Prep: 15 minutes • Total: 30 minutes

Ingredients:

Chicken breasts, cubed	1 lb	450 g
Fresh pineapple, in large chunks	2 cups	500 mL
Onion	1 large	1 large
Bell pepper (any colour)	1 large	1 large
Corn starch	2 Tbsp	30 mL
Salt	to taste	to taste
Pepper	to taste	to taste

Sauce:

Tamari sauce	2 Tbsp	30 mL
Rice vinegar	2 Tbsp	30 mL
Honey	2 Tbsp	30 mL
Sesame oil	1 Tbsp	15 mL
Tomato paste	1 Tbsp	15 mL
Fresh ginger, grated	2 Tbsp	30 mL
Water	1/3 cup	80 mL

Directions:

1. In a bowl, mix the corn starch, salt, and pepper. Add the chicken cubes and coat evenly on all sides.
2. In a large skillet, with a bit of olive oil, cook the chicken pieces over medium/high heat until golden brown on all sides.
3. Meanwhile, mix all the ingredients for the sauce together in a bowl.
4. When the chicken is cooked, lower the heat to medium, add the onions and bell peppers, stir and cook for 3 to 5 minutes, just to slightly cook the vegetables.
5. Add the pineapple, stir in the sauce, and simmer for a minute or two. Serve immediately over brown rice.

Nutrition Facts

Serving Size (333g)
Servings Per Container

Amount Per Serving

Calories 360 **Calories from Fat 60**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 95mg **32%**

Sodium 590mg **25%**

Total Carbohydrate 35g **12%**

Dietary Fiber 3g **12%**

Sugars 22g

Protein 40g

Vitamin A 4% • Vitamin C 190%

Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: The Health Foodie

Makes 4 servings (333 g / serving) • 1 serving = 4-5 chicken cubes + veggies

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