



Healthy Recipe

ALOHA CHICKEN

4	4-oz.	Chicken breasts, boneless, skinless	1	tsp.	Teriyaki sauce, low sodium
2	8-oz.	Pineapple chunks, cans	1	Tbsp.	Vegetable oil
1	Tbsp.	All purpose flour	1	tsp.	Honey
1	tsp.	Cornstarch	1/8	tsp.	Pepper, ground

Flatten chicken to 1/4-inch thickness. Place flour in a sealable plastic bag, add chicken and shake to coat. In a skillet over medium heat, brown chicken in oil for 3-5 minutes on each side.

Drain pineapple, reserving 1/4 cup of juice. In a small bowl, combine cornstarch and remaining juice, mix until smooth. Add to skillet, stir in honey, teriyaki sauce and pepper. Boil for 30 seconds, add pineapple, heat throughout. Can be served over brown rice.

Yield: 4 servings

Nutrition information per 4 oz. serving (Rice not included)

190 calories, 3 gm fat, 69 mg cholesterol,
220 mg sodium, 16 gm carbohydrate

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