**Ingredients**

- 2 teaspoons canola oil
- 2 (10-ounce) cans chicken breast drained and flaked (or 2 cups diced cooked chicken)
- 1 (10-ounce) package frozen broccoli, thawed
- 1/3 cup stir-fry sauce
- 1/4 cup pineapple juice (use reserved juice from canned pineapple)
- 1 (15-ounce) can pineapple chunks or tidbits, drained
- 1/4 teaspoon garlic powder
- 1/4 teaspoon crushed red pepper flakes (optional)
- Rice or pasta, cooked

**Directions**

1. Heat the oil in a large skillet over medium high heat. Add all ingredients EXCEPT the pineapple. Cook and stir for 2 minutes or until heated through.
2. Top with pineapple. Serve over brown rice or pasta.

Makes 4 servings

Nutrition information per serving:
- 240 calories, 4.5 g fat, 20 g carbohydrate, 3 g dietary fiber, 33 g protein, 510 mg sodium