

Easy Pineapple Chicken

Ingredients

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