

Chicken

Pineapple Dragon Stir-Fry

www.minuterice.com

Servings: 4

2 cups Minute white rice, uncooked
1 can (20 oz) pineapple chunks in juice
1/2 cup water
1/3 cup low-sodium soy sauce
2 tablespoons cornstarch, divided
3/4 to 1 teaspoon crushed red pepper (optional)
3/4 teaspoon garlic powder
1 pound boneless/ skinless chicken breast halves, cut into strips
1 tablespoon low-sodium soy sauce
2 tablespoons vegetable oil
2 cups broccoli florets
3/4 cup red bell pepper chunks
1 small carrot, thinly sliced diagonally
1 teaspoon fresh ginger, minced

Prepare the rice according to package directions.

Drain the pineapple. Reserve 1/4 cup of the juice.

In a small bowl, stir together the reserved juice, water, 1/3 cup of the soy sauce, one tablespoon of the cornstarch, the red pepper (if desired) and the garlic powder. Set aside.

In a medium bowl, combine the chicken with the remaining cornstarch and one tablespoon of soy sauce.

Heat the oil in a wok or nonstick large skillet over medium-high heat. Add the chicken and stir-fry for 4 to 5 minutes or until lightly browned.

Add the broccoli, bell pepper, carrot and ginger. Stir-fry for 4 minutes or until just tender.

Add the reserved soy sauce mixture. Cook, stirring, for 2 to 3 minutes or until the sauce boils and thickens.

Stir in the pineapple chunks and heat through.

Serve over the rice.

Per Serving (excluding unknown items): 148 Calories; 7g Fat (40.6% calories from fat); 3g Protein; 20g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 960mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Vegetable; 1/2 Fruit; 1 1/2 Fat.