



Pineapple Chicken

Serves 6

Ingredients:

2 lbs. boneless skinless chicken breast
2 tbsp. oil
1 ½ tsp garlic salt
1 can (20 oz. pineapple chunks)
¼ c honey
3 tbsp. lime juice
1 tbsp soy sauce
1 tbsp cornstarch

Optional:

Directions:

1. Either dice chicken, or cut into strips
2. Add oil to a large sauté pan
3. Sprinkle with garlic salt and sauté chicken chunks/strips
4. While the chicken is sautéing, drain ½ cup of pineapple juice from the can of pineapple
5. Once the chicken is cooked, add the pineapple juice and simmer
6. In a separate bowl, combine honey, lime juice, soy sauce, cornstarch and the remainder of the pineapple juice
7. Add the mixture to the chicken and simmer until the mixture thickens
8. Add as many pineapple chunks as your family will enjoy and allow them to simmer until they are warm

Variations of the recipe you might like to try:

- Serve over rice
- Add stir fry vegetables

Freezing Instructions:

1. Saute chicken until it is cooked, then cool
2. Combine honey, lime juice, soy sauce, cornstarch and pineapple juice in a separate pan. Bring to a boil and cook (while stirring) until the mixture becomes thick and is clear. (about 1 minute). Remove from heat and cool.
3. Combine chicken, liquid and pineapple chunks in a freezer safe bag or container.
4. Freeze
5. To prepare, thaw, place in a large sauté pan and heat.