

Pineapple Chicken

May 2022 Recipe



Makes: 5 servings

Ingredients

2 ½ pounds boneless skinless chicken
¼ tsp. salt
1/8 tsp. black pepper
20 oz. can pineapple (crushed or chunks)
2 oz. water

Nutritional information for 1 serving

Calories	303
Total fat	6 g
Saturated fat	2 g
Cholesterol	141 mg
Sodium	240 mg
Carbohydrate	8 g
Dietary fiber	0 g
Total sugars	7 g
Added sugars included	0 g
Protein	52 g

Directions

1. Coat frying pan with nonstick cooking spray and set heat to low.
2. Once the pan heats up, add chicken. Sprinkle with salt and black pepper.
3. Cook uncovered until chicken begins to brown, then add pineapple and water.
4. Cover chicken and cook until chicken is tender.
5. Serve over rice.