

Pineapple Ginger Chicken Stir Fry



Ingredients for Stir Fry:

2 lbs chicken breast (3/8" strips) 1 Tbsp canola oil
3 cups assorted vegetables 1 - 20 oz can pineapple tidbits
8 cups cooked brown rice (reserve juice for sauce)

Ingredients for Sauce:

1/4 cup lite soy sauce 3/4 cup balsamic vinegar
1/4 cup brown sugar, lightly packed 1/2 cup pineapple juice
1 Tbsp fresh ginger, minced 1/2 cup water
2 Tbsp corn starch

Directions:

Mix sauce ingredients together in medium bowl.

Over medium-high heat, stir fry chicken in oil 6 to 8 minutes or until cooked through (no pink in the middle). Remove from pan and keep warm.

Add vegetables to pan and stir fry approximately 3 minutes. Add chicken and sauce, lightly tossing together until heated through.

Divide stir fry into eight portions and serve each portion over one cup of cooked brown rice.

Yield: 8 servings

440 g kcal | 5 g Tot Fat | 1 g Sat Fat | 0 g Trans | 65 mg Chol | 395 mg Sodium |
68 g Carb | 6 g Fiber | 14 g Sugar | 33 g Protein