

# Pineapple Ginger Chicken Stir Fry



## Ingredients for Stir Fry:

2 lbs chicken breast (3/8" strips)

3 cups assorted vegetables

8 cups cooked brown rice

1 Tbsp canola oil

1 - 20 oz can pineapple tidbits  
(reserve juice for sauce)

## Ingredients for Sauce:

1/4 cup lite soy sauce

1/4 cup brown sugar, lightly packed

1 Tbsp fresh ginger, minced

2 Tbsp corn starch

3/4 cup balsamic vinegar

1/2 cup pineapple juice

1/2 cup water

## 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