

PINEAPPLE CHICKEN



INGREDIENTS:

- 3 chicken breasts (~3 oz each raw)
- 1/2 tsp salt
- cooking spray
- 1 20 oz can of sliced pineapple (100% juice not syrup)
- 1 tbsp cornstarch
- 1/4 cup Dijon mustard
- 2 garlic cloves

DIRECTIONS:

1. Salt chicken breast and set aside
2. Open can of pineapple and pour 2 oz of the juice in a small container. Add cornstarch to 2 oz of juice and set aside
3. In a separate bowl mix the rest of the pineapple juice, Dijon mustard, and minced garlic
4. Spray a pan with cooking spray and heat on medium heat. Place the chicken breast on the pan, cover, and cook for 6 minutes.
5. Flip the chicken, cover, and cook for 2 minutes on the other side. Lower heat to low medium heat. Add the pineapple Dijon mixture to the pan with the chicken, cover, and cook for 15 minutes. Check internal temperature and ensure it reaches 165 F
6. Remove the chicken and set aside
7. Add the pineapple cornstarch mixture (this will thicken the sauce). Stir for 2-3 minutes
8. Place the chicken back on the pan and cover with the sauce. Add a pineapple sauce and cover to heat the pineapple slice.

Enjoy!

Makes 3 Servings | 1 Serving 3 oz Chicken
Calories: 174 | Protein: 20 g | Carb: 15 g | Fat: 6 g | Fiber: 1 g