

# Thai pineapple and chicken

Serves: 4

## Ingredients

- 4 cups cooked brown rice (regular or instant)
- 2 tablespoons peanut or canola oil, divided
- 1-pound boneless, skinless chicken breast, cut into 1" cubes
- 2 cloves garlic, minced
- 1 red bell pepper, cut into chunks
- 1 medium onion, cut into chunks
- 2 cups cut broccoli florets and stems
- 2 cups fresh pineapple chunks
- 1 fresh lime, divided
- 1 tablespoon Thai fish sauce
- 2 tablespoons Thai chili sauce
- 1/4 cup chopped cilantro

## Directions

1. Cook rice according to package directions.
2. Heat 1 Tbsp oil in a large skillet. Add cubed chicken, stir fry 4-5 minutes until chicken is done. Remove from skillet.
3. Heat remaining oil. Add garlic and cook one minute.
4. Add bell pepper, onion and broccoli; cook 5 minutes.
5. Add pineapple; cook an additional 3-4 minutes.
6. Return chicken to skillet and stir in juice from ½ lime, fish sauce, chili sauce and cilantro. Cook 1 more minute.
7. Serve over brown rice with lime wedges.

### Nutritional information

Total calories per serving: 511

Total fat: 12 g

Saturated fat: 2 g

Cholesterol: 70 mg

Sodium: 511 mg

Carbohydrates: 69 g

Dietary fiber: 9 g

Total sugars: 14 g

Added sugars: 0 g

Protein: 34 g