

# PINEAPPLE-GINGER CHICKEN STIR-FRY

Preparation: 10 min | Cooking: 30 mins. | Servings: 4

## INGREDIENTS

*1 lb. boneless, skinless chicken breast, cut into 1-inch cubes*  
*2 garlic cloves, minced*  
*1 small onion, chopped*  
*1 can (20 ounces) unsweetened pineapple chunks*  
*3 tbsp. reduced sodium soy sauce*  
*2 tbsp. honey*  
*2 tbsp. canola oil, divided*  
*1 tbsp. minced fresh gingerroot*  
*1 tbsp. cornstarch*  
*1/4 tsp. ground cinnamon*  
*Cooked brown rice*  
*Minced fresh cilantro (optional)*



## INSTRUCTIONS

Drain pineapple, reserving juice. Mix cornstarch, soy sauce, honey, cinnamon and reserved juice until smooth. In a skillet, heat 1 tablespoon oil over medium-high heat; sauté chicken until lightly browned, 4-6 minutes. Remove from pan. In same pan, sauté onion, ginger and garlic in remaining oil until crisp-tender, about 2 minutes. Stir cornstarch mixture; add to pan with chicken and pineapple chunks. Bring to a boil, stirring constantly; cook and stir until sauce is thickened and chicken is cooked through, 5-7 minutes. Serve with rice. If desired, sprinkle with cilantro.