RECIPE

Thai Pineapple & Chicken

A deliciously sweet and savory dish featuring chicken, fresh pineapple, and bell peppers.

Makes: 8 servings Prep Time: 30 minutes Cook Time: 15 minutes

Source: MyPlate.gov, recipe/Thai Pineapple and Chicken

Ingredients

- 4 cups cooked brown rice
- 2 Tablespoons peanut or canola oil, divided
- 1 pound boneless, skinless chicken, cut into 1 inch cubes
- 2 cloves garlic, minced
- 1 red bell pepper, cut into chunks
- 1 medium onion, cut into chunks
- 2 cups cut broccoli and stems
- 2 cups fresh or canned pineapple chunks
- 1 fresh lime, divided
- 1 Tablespoon Thai fish sauce
- 2 Tablespoons Thai chili sauce
- 1/4 cup cilantro, chopped

Directions

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



Small Changes, BIG Difference!



Nutrition Information

Serving Size: 1/8 of recipe	
Nutrients	Amount
Calories:	256
Total Fat:	<u>6 g</u>
Saturated Fat:	<u>1 g</u>
Cholesterol:	<u>35 mg</u>
Sodium:	<u>256 mg</u>
Total Carbohydrates:	<u>34.5 g</u>
Dietary Fiber:	<u>4.5 g</u>
Total Sugars:	<u>7 g</u>
Added Sugars:	<u>0 g</u>
Protein	<u>17 g</u>

Utensils Needed

- Large skillet
- Spatula



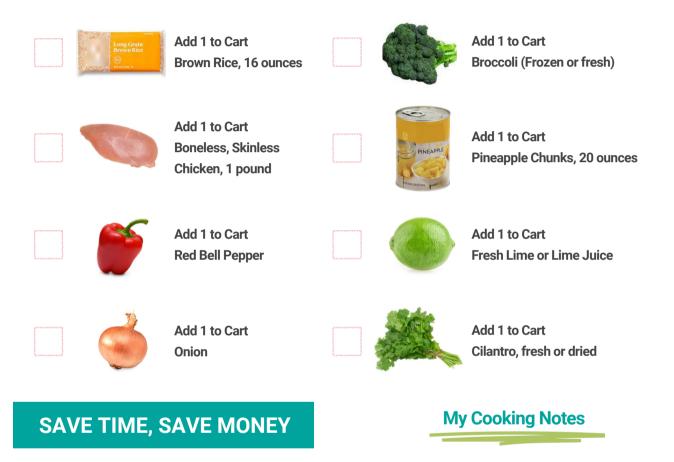
SHOPPING LIST

Average total cost without oil and seasonings: \$15.37 Average cost/serving: \$1.92

Recipe makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Waste Less, Save More

- Buy in bulk and/or use leftover ingredients in other dishes to save money. Try these recipes from snapedny.org for the following ingredients.
- Brown Rice:
 - Black Bean Burgers Taco Rice Salad
- Chicken:
 - Apricot & Lemon Chicken
- Vegetables
 - Baked Kale Frittata Bell Pepper Nachos
 - Zucchini Stir Fry
 Crunchy Vegetable Wrap

