

# 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:	6 g
Saturated Fat:	1 g
Cholesterol:	35 mg
Sodium:	256 mg
Total Carbohydrates:	34.5 g
Dietary Fiber:	4.5 g
Total Sugars:	7 g
Added Sugars:	0 g
Protein	17 g

## 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

<input type="checkbox"/>		Add 1 to Cart Brown Rice, 16 ounces	<input type="checkbox"/>		Add 1 to Cart Broccoli (Frozen or fresh)
<input type="checkbox"/>		Add 1 to Cart Boneless, Skinless Chicken, 1 pound	<input type="checkbox"/>		Add 1 to Cart Pineapple Chunks, 20 ounces
<input type="checkbox"/>		Add 1 to Cart Red Bell Pepper	<input type="checkbox"/>		Add 1 to Cart Fresh Lime or Lime Juice
<input type="checkbox"/>		Add 1 to Cart Onion	<input type="checkbox"/>		Add 1 to Cart Cilantro, fresh or dried

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Waste Less, Save More

- Buy in bulk and/or use leftover ingredients in other dishes to save money. Try these recipes from [snapedny.org](http://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

