

Pineapple ginger chicken

This chicken dish is tender and full of flavor. Serve it over brown rice or quinoa with a fresh, green salad for a great weeknight meal.



Freezer-friendly



PREP TIME
40 min



COOK TIME
10–15 min



SERVINGS
4

Ingredients

- 175 mL (¾ cup) no sugar added canned crushed pineapple
- 15 mL (1 tbsp) fresh ginger, grated or minced
- 1 large clove garlic, grated or minced
- 15 mL (1 tbsp) sodium reduced soy sauce
- 10 mL (2 tsp) canola oil
- 500 g (1 lb) boneless skinless chicken breasts (about 3 to 4 small)
- 1 red bell pepper, chopped
- 30 mL (2 tbsp) fresh mint, chopped
- 2 mL (½ tsp) hot pepper sauce
- In a shallow dish, combine 50 mL (¼ cup) of the pineapple, ginger, garlic, soy sauce and 5 mL (1 tsp) of the oil; set aside.

Directions

1. On a cutting board, cut chicken breasts into cubes. Add to marinade, turning to coat. Cover and refrigerate for at least 30 minutes or up to 4 hours.
2. Heat remaining oil in nonstick skillet over medium high heat. Stir-fry chicken and marinade with red pepper stirring for about 8 minutes or until chicken is cooked through to 74°C (165°F) and no longer pink inside.
3. Stir in mint and hot pepper sauce.

Tips

- ✓ Serve pineapple ginger chicken on a bed of **brown rice** or **quinoa** with a side of green salad to make a yummy meal.
- ✓ Cut and prepare raw poultry on a **separate cutting board** from that used to cut ready to eat vegetables, fruit or other foods.
- ✓ Try using less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, **a little often goes a long way.**

Recipe developed by Emily Richards, P.H. EC for the Heart and Stroke Foundation.
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