

Polynesian Chicken

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Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

Servings: 4

*1 pound boneless/ skinless
chicken breasts
2 teaspoons butter or
margarine
1 medium green pepper, cut
into one-inch pieces
1/4 teaspoon salt
1 can (15.25 ounces)
pineapple chunks in juice,
liquid reserved
1 cup water
1/2 cup apple cider vinegar
or distilled white vinegar
2 teaspoons brown sugar
2 teaspoons ginger
2 1/2 teaspoons cornstarch
2 1/2 teaspoons water
hot buttered rice
toasted slivered almonds*

Cut the chicken into two-inch strips.

In a large skillet, melt the butter. Saute' the chicken and green pepper just until the chicken changes color. Season with salt and pepper. Stir in the pineapple, pineapple juice, water, vinegar, sugar and ginger. Cover. Simmer for 10 to 12 minutes or until the chicken is cooked.

In a bowl, combine the cornstarch and 2-1/2 teaspoons of water. Stir into the chicken mixture. Cook until the sauce is thickened, stirring constantly.

Serve over rice. Garnish with almonds.

Per Serving (excluding unknown items): 78 Calories; 2g Fat (22.6% calories from fat); 1g Protein; 15g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 157mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1/2 Fruit; 1/2 Fat; 0 Other Carbohydrates.