

## Chicken

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# Teriyaki and Pineapple Chicken

All Recipes Magazine

**Servings: 16**

**Preparation Time: 25 minutes**

**2 tablespoons vegetable oil**  
**2 pounds boneless, skinless chicken breast, cubed**  
**1 package (8 oz) sliced mushrooms**  
**2 green bell pepper, chopped**  
**2 yellow bell pepper, chopped**  
**2 red bell pepper, chopped**  
**2 cups onion, chopped**  
**1 can (20 oz) pineapple chunks (packed in juice)**  
**2 cups reduced sodium teriyaki sauce**  
**1 1/2 teaspoons garlic powder**  
**1 to 2 teaspoons crushed red pepper**  
**1/4 cup cornstarch**

Heat one teaspoon of oil in a wok or very large skillet over high heat; Working in batches, add the chicken. Cook, stirring often, until no longer pink in the centers, 5 to 7 minutes.

Remove the chicken and add the remaining one tablespoon of oil to the wok. Add the mushrooms, bell peppers and onions. Cook, stirring constantly, until the vegetables are just tender, 3 to 5 minutes. Remove the vegetables from the wok.

In a bowl, stir together the pineapple with juices, teriyaki sauce, garlic powder and crushed red pepper. Whisk in the cornstarch until combined. Pour into the wok, stirring constantly, until thickened and bubbly. Continue cooking one minute more.

Return the chicken and vegetables to the wok. Stir to coat evenly with sauce.

Divide the mixture among four one-quart zip-top plastic bags or freezer containers, about 2-1/2 cups each. Seal and chill up to three days or freeze up to three months.

**TO REHEAT:** If frozen, thaw in the refrigerator overnight. Cook in a saucepan over medium heat, stirring occasionally, until heated through, about 5 minutes. If desired, serve over cooked rice topped with green onions.

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Per Serving (excluding unknown items): 44 Calories; 2g Fat (35.3% calories from fat); 1g Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1/2 Fat.