



Pineapple Chicken

Full of sweet pineapple and succulent bites of chicken, this dish is similar in flavor to Sweet and Sour Pork.

Makes: 6 servings **Prep time:** 1 hour 5 minutes
Cook time: 45 minutes

the INGREDIENTS

- 1 ½ cups** water
- ¼ teaspoon** salt, table
- ¼ teaspoon** black pepper, ground
- 2 tablespoons** soy sauce, low-sodium
- 9 ¼ ounces** chicken breast, boneless, skinless, fresh or frozen, ½" chopped
- ½ cup** brown rice, long-grain, uncooked
- 2 tablespoons** canola oil
- 2 cups** green onions, with tops, fresh, thinly sliced
- 1 cup** celery, fresh, ¼" diced
- 2 cups** pineapple with juice, canned, crushed, packed in juice or light syrup
- 4 teaspoons** sugar, granulated (1 Tbsp 1 tsp)
- 4 teaspoons** cornstarch (1 Tbsp 1 tsp)

the DIRECTIONS

- 1.** Make marinade: In a plastic bag or medium bowl, stir together 2 Tbsp water, salt, pepper, and soy sauce.
- 2.** Place chicken in bag, marinate in the refrigerator for 1 hour.
- 3.** Combine brown rice and 1 cup water in a small pot. Reserve remaining ¼ cup water for step 11. Heat on medium–high heat to a rolling boil.
- 4.** Cover and reduce heat to low. Cook until water is absorbed, about 25 minutes. Fluff the rice gently with a fork.
- 5.** Heat 1 Tbsp of oil on medium–high in a medium stockpot. Reserve remaining oil.
- 6.** Sauté green onions and celery for 3–5 minutes or until celery begins to cook, but stays crunchy. Stir frequently.
- 7.** Remove vegetables, and set aside.
- 8.** Add remaining oil to the pot. Add chicken, marinade, and pineapples with juice to pot. Continue cooking on medium–high heat, and bring to a boil, 5–7 minutes. Stir frequently. Heat to 165 °F or higher for at least 15 seconds.
- 9.** Make cornstarch mixture: In a small bowl, whisk remaining ¼ cup water together with sugar and cornstarch until smooth.
- 10.** Stir cornstarch mixture into the chicken and pineapple. Bring to a boil. Reduce heat and cook for 3–5 minutes, or until sauce is nectar thick. Stir frequently. Add remaining 2 Tbsp of water if too thick.
- 11.** Stir celery and green onions into pineapple chicken mixture, and cook for 1 minute.
- 12.** Serve ⅔ cup pineapple chicken over ¼ cup cooked rice.

Critical Control Point: Hold at 140 °F or higher.

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NUTRITION INFORMATION

For $\frac{2}{3}$ cup pineapple chicken over $\frac{1}{4}$ cup cooked rice.

Nutrients	Amount
Calories	204
Total Fat	8 g
Saturated Fat	1 g
Cholesterol	39 mg
Sodium	354 mg
Total Carbohydrate	19 g
Dietary Fiber	1 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	14 g
Vitamin D	N/A
Calcium	20 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

<https://teammnutrition.usda.gov>

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CACFP CREDITING INFORMATION

$\frac{2}{3}$ cup pineapple chicken and $\frac{1}{4}$ cup cooked rice provides 1 $\frac{1}{2}$ oz equivalent meat, $\frac{1}{8}$ cup vegetable, $\frac{1}{4}$ cup fruit, and $\frac{1}{2}$ oz equivalent grains.

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CHEF TIPS

Variation

If chicken is frozen, defrost in the refrigerator for 1 day per 1–5 pounds. Hold raw chicken at 40 °F or lower.