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

**INGREDIENTS**

- 1½ cups water  
- ¼ teaspoon salt, table  
- ¼ teaspoon black pepper, ground  
- 2 tablespoons soy sauce, low-sodium  
- 9 ¼ ounces chicken breast, boneless, skinless, cooked, ½” diced  
- ½ cup rice, brown, long-grain, uncooked  
- 2 tablespoons canola oil  
- 2 cups onions, green, 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)

**DIRECTIONS**

1. Make marinade: In a plastic bag or medium bowl, stir together 2 Tbsp water, salt, pepper, and soy sauce.
2. Marinate chicken for 1 hour.
3. Combine brown rice and 1 cup water in a small pot. Reserve remaining ¼ cup water for step 11.
5. Cover and reduce heat to low. Cook until water is absorbed, about 25 minutes. Fluff the rice gently with a fork.
7. Sauté green onions and celery for 3–5 minutes or until celery begins to cook, but stays crunchy. Stir frequently.
8. Remove vegetables, and set aside.
9. Add remaining oil to the pot.
10. 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.
11. Make cornstarch mixture: In a small bowl, whisk remaining ¼ cup water together with sugar and cornstarch until smooth.
12. 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.
13. Stir celery and green onions into pineapple chicken mixture, and cook for 1 minute.

Critical Control Point: Hold at 140 °F or higher.
For \( \frac{2}{3} \) cup pineapple chicken over \( \frac{1}{4} \) cup cooked rice.

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>204</td>
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<tr>
<td>Total Fat</td>
<td>8 g</td>
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<tr>
<td>Saturated Fat</td>
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<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
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<tr>
<td>Added Sugars</td>
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<tr>
<td>Protein</td>
<td>14 g</td>
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</tbody>
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| 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://teamnutrition.usda.gov

\( \frac{2}{3} \) cup pineapple chicken and \( \frac{1}{4} \) cup cooked rice provides 1½ oz equivalent meat, \( \frac{1}{8} \) cup vegetable, \( \frac{1}{4} \) cup fruit, and \( \frac{1}{2} \) oz equivalent grains.

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