

November 28, 2014

**RECIPE: Chinese Chicken with Peppers and Pineapple**

Chicken Strips with Bell Peppers, Celery, Onions, and Pineapple Chunks in a Chinese Spiced Pineapple Soy Sauce

Servings: 4

- |   |  |     |                                 |
|---|--|-----|---------------------------------|
| 1 | pound chicken breast, boneless, skinless | 1   | teaspoon Chinese 5-spice powder |
| 1 | red bell pepper, large, julienned        | 2   | cloves garlic, minced           |
| 1 | green bell pepper, large, julienned      | 1   | 16 oz. can pineapple chunks     |
| 2 | cups celery, sliced diagonally           | 1/4 | cup soy sauce                   |
| 1 | onion, medium, sliced                    | 2   | tablespoons apple cider vinegar |
| 1 | cup chicken broth                        | 2   | teaspoons cornstarch            |
| 1 | tablespoon brown sugar                   |     |                                 |

Cut chicken into 1/2" julienne strips.

Spray a large non-stick skillet with cooking spray. Heat over medium-high heat and sauté chicken strips just until browned lightly. Remove chicken from pan and set aside.

Combine bell peppers, celery, and onion and sauté in skillet the chicken was cooked in. Add chicken broth, brown sugar, 5-spice powder, and garlic, then cover and cook for 2 minutes; uncover, and cook, stirring often until almost all of the liquid is evaporated.

Drain pineapple, reserving juice. Mix juice with soy sauce, vinegar, and cornstarch, making sure to dissolve cornstarch. Stir into vegetables in skillet, along with the pineapple and cooked chicken strips. Cook over medium-high heat until sauce thickens, about 2 minutes. Let cool, then store in containers in freezer.

Reheating instructions:

Thaw in refrigerator the night before day of consumption. Heat in microwave or on stove top at a medium setting, stirring occasionally just until heated through.

Serving Suggestions: Serve with White Rice

