

Pineapple Chicken

April 2025 Recipe

Makes: 5 servings



Ingredients

- 2 ½ lb. boneless skinless chicken
- ¼ tsp. salt
- ⅛ tsp. black pepper
- 20-oz. can pineapple (crushed or chunks)
- 2 oz. water

Nutritional information for 1 serving

Calories	341
Total fat	6 g
Saturated fat	2 g
Cholesterol	141 mg
Sodium	240 mg
Carbohydrate	18 g
Dietary fiber	1 g
Total sugars	16 g
Added sugars included	0 g
Protein	52 g

Directions

1. Coat the frying pan with nonstick cooking spray and set the heat to low.
2. Once the pan heats up, add chicken. Sprinkle with salt and pepper.
3. Cook uncovered until chicken begins to brown, then add the pineapple and water.
4. Cover the chicken and cook until the chicken is tender.
5. When done, you may serve it over rice.