

Aloha Chicken

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Serves 4

3 Points -Blue and Purple

7 Points – Green

adapted from Living Well Mom

- 1.5 pounds boneless, skinless chicken breasts
- 1 Tbsp flour
- 1/2 Tbsp coconut oil
- 1 16 oz can pineapple chunks or tidbits in 100% juice (drain and reserve juice)
- 1/4 cup reserved pineapple juice
- 1 1/2 tsp cornstarch
- 1 Tbsp honey
- 2 Tbsp soy sauce
- 1/4 tsp black pepper

1. If serving over rice, cook rice while preparing chicken.
2. Cut the chicken into bite size chunks. Put the flour into a ziploc bag, add the chicken and shake to coat.
3. Brown the chicken in the coconut oil over medium heat in a skillet. Cook for 3-5 minutes on each side or until cooked through. Set aside
4. While the chicken is cooking, drain pineapple and reserve 1/4 cup of the juice. Combine the juice and cornstarch in a small bowl. Whisk until smooth. Add to the skillet after you have removed the chicken. Add honey, soy sauce, and pepper. Stir well.
5. Turn heat up to medium-high and cook and stir sauce. Bring to a boil, cook and stir for another minute or until the juice mixture is thickened.

6. Reduce the heat to medium and add the pineapple and chicken. Heat through. Serve over rice, if desired.