



# Hawaiian Chicken

## Ingredients:

- Chicken
  - 3 boneless, skinless chicken breasts
  - salt and pepper (to taste)
  - Olive oil spray
  - 2 green bell peppers
  - 1 can of pineapples, diced, in water or 100% juice
- Sauce
  - 1 tablespoon olive oil
  - 3 tablespoons soy sauce, low sodium
  - ¼ cup brown sugar
  - ¼ teaspoon paprika
  - 1 teaspoon ground ginger
  - 1 tablespoon flour
  - Pineapple Juice from can

## Instructions:

1. Add chicken to pan with olive oil and cook on medium high heat for 6-8 minutes or until cooked all the way through. Cut piece of chicken in several spots, there should be no pink.
2. Cut up chicken into small bite-sized pieces. Season chicken with salt and pepper.
3. Dice up bell peppers while waiting for chicken. Add bell peppers to pan and cook for 5 more minutes.
4. Remove chicken from pan and set aside.
5. Prepare sauce ingredients and add to pan. Bring to a simmer.
6. Add chicken back into pan, add pineapples and peppers and cook with sauce for a few more minutes until sauce thickens.

**Prep Time: 10 minutes**

**Cooking Time: 20 minutes**

**Equipment:** pan, knife, cutting board, mixing bowl, mixing spoon, tongs.

**Servings: 3 chicken breasts**

**Serving Size: 1 chicken breast**



<b>Nutrition Facts:</b>	g	g Saturated	g	g	g
	Calories, Fat,	Fat,	Carbohydrates,	Protein,	Fiber,
	g	mg			
	Sugar,	Sodium.			

Check out our blog at [www.cookingoncampus.arizona.edu](http://www.cookingoncampus.arizona.edu) to find past recipes and a list of upcoming classes!  
For more info about nutrition and what to eat on campus, go to [www.health.arizona.edu](http://www.health.arizona.edu), click Health Promotion, then Nutrition.

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