

Grant County High School

Pineapple Seasonal Stir Fry

Serves: 6

Ingredients:

1½ lbs.	chicken breast, boneless skinless
3 cups	pineapple juice
1½ Tbsp	honey
1½ Tbsp	red pepper flakes
1 Tbsp	oil
2 Tbsp	spicy Mrs. Dash seasoning
2 tsp	cayenne pepper (optional)
1 tsp	onion powder
¼ cup	onion, diced small
¼ cup	red bell pepper, diced small
1 Tbsp	garlic, minced
3 cups	broccoli, chopped into bite sizes
1½ cup	carrots, julienned
¼ cup	pineapple, diced
¼ cup	corn, off the cob
1/3 cup	green onion, thinly sliced
1 Tbsp	garlic, minced
3 packages	Hokkien Stir-Fry Noodles (7.1 oz. pouch)

Directions:

1. On a cutting board, butterfly the chicken, slicing the boneless breast horizontally almost three-quarters of the way and then opening it like a book.
2. In a medium bowl, mix Mrs. Dash, cayenne pepper, and onion powder for seasoning the chicken.
3. Season chicken with seasoning mix.
4. Mix pineapple juice, honey, and red pepper flakes in small saucepan. Cook on high, reducing pineapple juice by half.
5. Heat oil in large skillet over medium heat. Place chicken breasts in skillet – taking care not to crowd – and saute for 3-5 minutes per side, or until brown and the internal temperature of chicken reaches 165 degrees.
6. While chicken is cooking, chop vegetables, starting with garlic, onions, peppers, and broccoli. Then the carrots, pineapple, corn, and green onions.
7. Boil water in small saucepan to blanch broccoli.
8. Once chicken reaches 165 degrees, place on cutting board to rest.
9. Saute onions, peppers, and garlic in the same skillet as chicken, until onions are translucent.
10. Blanch broccoli in boiling water for 90 seconds. Transfer broccoli to ice water bath until cooled. Then place drained broccoli in bowl.
11. Add carrots, corn, ½ cup pineapple, and 1¾ cups broccoli to onion mixture in skillet. Cook until carrots are tender.
12. Cut chicken into bite-sized pieces.

13. Add noodles, 12 ounces of chicken, and reduced pineapple juice to vegetables. Cook for 2 minutes, mixing evenly with vegetables.
14. Portion stir fry evenly into six servings on plates – 2.3 oz. noodles, 2 oz. chicken, ¼ cup pineapple reduction, and 1 cup cooked vegetables.
15. Garnish plates with 1¼ cup blanched broccoli, ¼ cup chopped pineapple, thinly sliced green onions, and 6 oz. chopped chicken.

Nutritional Value: calories: 226, saturated fat: 8g, sodium: 226mg