

# Pineapple Chicken Stir-Fry

By Mayo Clinic staff

Serves 4

## Ingredients

### For the marinade:

- 1 teaspoon reduced-sodium soy sauce
- 1 teaspoon rice vinegar
- 1/2 teaspoon grated fresh ginger
- 1/2 pound boneless, skinless chicken breast cut into 1-inch cubes

### For the rice

- 1 1/3 cups water
- 2/3 cup brown rice

### For the sauce:

- 1 teaspoon grated fresh ginger
- 3 tablespoons unsweetened pineapple juice
- 1 teaspoon rice vinegar
- 1 1/2 tablespoons reduced-sodium soy sauce
- 1 1/2 tablespoons cornstarch
- 2 garlic cloves, minced
- 1 tablespoon peanut oil, divided
- 1 small carrot, thinly sliced into diagonal strips
- 1 cup chopped red bell pepper, cut into 1/2-inch diamonds
- 1 cup chopped bok Choy
- 1 cup unsweetened canned pineapple chunks
- 1/2 cup sliced green onion
- 1 cup snow peas

## Directions

1. In a small bowl, whisk together the soy sauce, rice vinegar and ginger. Pour the marinade into a sealable bag and add the cubed chicken. Seal and place in the refrigerator until ready to use.

2. Add the water to a saucepan and place over medium-high heat. Cover and bring to a boil. Add the rice; reduce heat to low and simmer about 5 minutes, or according to package directions. Remove from heat, stir and cover. Let stand until the water is absorbed and the rice is tender.

In a separate bowl, mix together the ingredients for the sauce. Set aside.

3. Assemble and measure out all of the remaining ingredients.

4. In a large wok, heat 1/2 tablespoon of the peanut oil over medium-high heat. Add carrots and red pepper and stir-fry for 2 to 3 minutes. Add the bok Choy and pineapple and stir-fry 1 minute. Add onions and snow peas and stir-fry for another minute. Remove vegetables from the wok into a large bowl and set aside.

Return the wok to the burner. Add 1/2 tablespoon of the peanut oil and the marinated chicken. Stir-fry about 3 minutes, or until the chicken is cooked through (internal temperature should be 165 F for 15 seconds). Add cooked vegetables. Stir-fry for 1 minute more.

Stir the sauce mixture to make sure the cornstarch is completely dissolved. Add the sauce to the wok and bring to a boil. Cook until the sauce thickens and appears clear and shiny, about 1 minute.

To serve, add 1/3 cup of the brown rice to each of 4 warmed plates. Divide the chicken stir-fry evenly among the plates. Serve immediately.

### Nutritional Analysis per serving: Serving Size: 1/3 Cup brown rice & 1 cup Stir-Fry

Calories	257	Sodium	311 mg
Total fat	5 g	Total carbohydrate	35 g
Saturated fat	1 g	Dietary fiber	4 g
Monounsaturated fat	2 g	Protein	17 g
Cholesterol	33 mg		