

Pineapple Teriyaki Chicken

Makes 5 servings

1 T canola oil
2 t ginger, fresh, minced
2 t garlic, fresh, minced
1 T soy sauce
2 T cider vinegar
1/2 - 20 oz. can Pineapple chunks in juice, juice reserved
1 T cornstarch
5 Chicken Thighs, boneless, skinless, fat trimmed



Preheat oven to 400°F. Heat canola oil in a small pot on medium-high heat for 30 seconds. Add ginger and garlic and sauté for 30 seconds. Add soy sauce, cider vinegar and continue to heat. Meanwhile, dissolve corn starch into pineapple juice in a separate container. When corn starch is dissolved add to the pot. Bring to a boil then set aside. Place chicken thighs into an 8" X 8" non-stick sprayed oven dish. Cover with pineapple chunks and thickened pineapple sauce. Bake until chicken reaches an internal temperature of 165°F, about 35 minutes.

Nutrition information (1/5 recipe): 250 calories, 10g fat, 28g protein, 11g carbohydrate, 330mg sodium, 1g dietary fiber.

