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Tangy Pineapple Chicken

Ingredients:

2 tbsp. olive oil
1 onion, chopped
1 diced yellow pepper
12 oz. skinless chicken breasts
3 tbsp. reduced sugar ketchup
2 tbsp. soy sauce
3 tbsp. Splenda
1/2 cup cubed pineapple with 1/4 cup pineapple juice

Directions:

1. Heat olive oil in a pan on medium heat.
2. Add in onions and peppers; saute until golden brown.
3. Add chicken and continue to stir-fry until no longer pink inside.
4. Combine together the ketchup, soy sauce, Splenda, and pineapple juice and add to the pan.
5. Lower heat and cover, simmering for 20 minutes.
6. Before serving, top with pineapple.