

## INGREDIENTS:

- 1 lb. chicken (breast or tenderloin) 1/3 c. teriyaki sauce, low sodium 3 c. brown rice, cooked
- 2 c. pineapple, diced (fresh or canned)
- 1 c. frozen peas and carrots
- 1 c. onion, diced
- 2 Tbsp. olive oil
- 2 tsp. garlic, minced
- ¼ tsp. ground ginger

NDSU

**EXTENSION** 

## **Teriyaki Chicken and Pineapple Fried Rice**

Makes six servings. Each serving has 310 calories, 6 g fat, 22 g protein, 42 g carbohydrate, 4 g fiber and 360 mg sodium.



Line sheet pan with foil and create a foil boat for half of pan.



Place chicken in boat.



Drizzle with teriyaki sauce.



Cook in 400 F oven for 15 minutes.



Add rice, pineapple, mixed vegetables and onion to bowl.



Drizzle with olive oil. Add garlic and ginger. Stir to combine.



After chicken has cooked for 15 minutes, add rice mixture to pan.



Cook for an additional 10 minutes or until chicken reaches 165 F.



Flip chicken and sauce onto rice and serve.



County commissions, North Dakota State University and U.S. Department of Agriculture cooperating, NDSU does not discriminate in its programs and activities on the basis of age, color, gender expression/identity, genetic information, marital status, national origin, participation in lawful off-campus activity, physical or mental disability, pregnancy, public assistance status, race, religion, sex, sexual orientation, spousal relationship to current employee, or veteran status, as applicable. Direct inquiries to Vice Provost, Title IX/ADA Coordinator, Old Main 201, 701-231-7708, ndsu.eoaa@ndsu.edu. This publication will be made available in alternative formats for people with disabilities upon request, (701) 231-7881.