

# 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.



## 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
- 1/4 tsp. ground ginger



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.



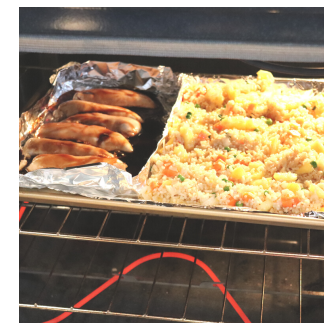
Add rice, pineapple, mixed vegetables and onion to bowl.



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.

