

Aloha Chicken

I often find myself fantasizing about laying on a warm sandy beach with the breeze in my hair and the sun on my face. While I realize that I can't exactly afford to make this dream a reality, I can at least pretend at home! I love to get out the blender and make some tropical drinks and serve this dish for dinner. It's as close to paradise as I'm likely to get for a while!

Ingredients:

- 4 boneless, skinless chicken breasts
- 1 Tbsp. flour
- 1 Tbsp. oil
- 16 oz. can of pineapple chunks
- 1 tsp. cornstarch
- 1 Tbsp. honey
- 1 Tbsp. teriyaki sauce or soy sauce
- 1/8 tsp. pepper
- hot cooked rice

Directions:

Flatten the chicken breasts to ¼ inch thickness. Place the flour in a large resealable plastic bag. Add the chicken and shake to coat.

In a skillet, over medium heat, brown the chicken in oil for 3-5 minutes per side until the juices run clear. Remove the chicken from the skillet and keep warm.

Drain the pineapple, reserving ¼ cup of juice. In a small bowl, combine the juice and cornstarch until smooth. Add to the skillet. Stir in the honey, teriyaki sauce and the pepper. Boil for 30 seconds or until thickened. Add the pineapple and chicken. Heat through. Serve on a bed of rice.

Yield: 4 servings