

- » 4 tbsp teriyaki sauce, reduced sodium
- » 2 tbsp water
- » 2 cloves garlic, minced
- » 1 tbsp grated fresh ginger
- » 1 1/2 lb chicken breasts, boneless, skinned, cut into long 3/4" wide strips
- » 1/3 cup pineapple juice (drained from pineapple pieces)
- » 1 tbsp cornstarch
- » 2 tbsp soy sauce, reduced sodium
- » 2 tbsp brown sugar
- » Nonstick vegetable cooking spray
- » 2 tsp vegetable oil
- » 1 cup onion, sliced
- » 1 cup red bell pepper, sliced
- » 1 cup green bell pepper, sliced
- » 2 cups mushrooms, sliced
- » 1 cup snow peas, sliced in half
- » 1/2 cup pineapple pieces
- » 1 cup long-grain white rice cooked according to directions without salt or fat

## Nutritional Content

Per Serving

Calories	497 cal	Cholesterol	99mg
Protein	45g	Sodium	590mg
Carbohydrate	60g	Calories from Fat	10%
Fat	6g	Fiber	3g
Saturated Fat	1g		

Combine teriyaki sauce, water, minced garlic, and fresh ginger in a medium bowl. Stir in chicken strips. Marinate at room temperature for 10 minutes, stirring occasionally. Meanwhile, combine pineapple juice, cornstarch, soy sauce, and brown sugar in a small bowl. Set aside. Preheat broiler. Drain chicken and thread it onto four 10" to 12" skewers or eight 6" skewers, in a weaving fashion. Place on broiler pan 4 to 5 inches from the heat source. Broil for 3 minutes. Turn the chicken over and broil (about 3 minutes more) until chicken is tender and no longer pink. Set aside and keep cooked chicken strips warm. In a large skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add vegetable oil. Add onion, red and green bell peppers, mushrooms, and snow peas. Stir-fry vegetables 5 to 8 minutes until tender. Add pineapple pieces and soy sauce/pineapple juice mixture and stir until thickened. Remove from heat. Serve with chicken and rice. Serves 4.