

Aloha Chicken



Serves 4

Ingredients:

- 1 small can (227 g) unsweetened pineapple slices, packed in juice
- 1 tsp chopped garlic
- 1 tsp cornstarch
- 1 tsp Worcestershire sauce
- 1 tsp Dijon mustard
- ½ tsp dried thyme
- 4 skinless boneless chicken breasts

Procedure:

- Preheat oven to 205°C/ 400°F.
- Drain pineapple, reserving the juice.
- Combine juice with garlic, cornstarch, Worcestershire, mustard and thyme.
- Arrange chicken in a greased pan.
- Pour juice mixture over chicken and bake for 20 minutes.
- Spoon the juices from the pan over the chicken.
- Add a pineapple slice to each chicken piece and return to oven for 5 minutes.

Per serving:

- Calories: 172
- Protein: 10 gm
- Carbohydrates: 26 gm
- Fat: 3 gm

The pineapple adds sweetness to this delicious chicken dish.