

Mediterranean Sweet/Sour Chicken



Trisha's Dishes

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This chicken entree is so delicious that you won't believe how good it is for you. It is easy to prepare and perfect for of any number of dinner guests.

Servings: 2

Prep Time: 5 minutes

Cooking Time: 30 minutes

Ingredients:

- ☑ 1 lb. chicken tenderloins – *trim the fat*
- ☑ 1 1/2 teaspoons olive oil **go lite!*
- ☑ 1/8 teaspoon sea salt crystals
- ☑ 1/2 teaspoon minced garlic
- ☑ 2 tablespoon chopped green pepper
- ☑ 1/4 cup chicken broth **go lite!*
- ☑ 2 tablespoon red wine vinegar
- ☑ 1 teaspoon cornstarch
- ☑ 1 teaspoon brown sugar
- ☑ 1/3 cup pineapple tidbits – drained
- ☑ 2 tablespoon green olives - sliced
- ☑ fresh spinach
- ☑ 1/2 cup brown rice

**look for products with fewer calories, less fat and less sodium*

Note: If you are using a chicken breast, pound lightly and tear into strips.

Instructions:

1. Heat olive oil in a large skillet.
2. Carefully place tenderloins in hot oil.
3. Sprinkle sea salt on chicken tenderloins.
4. Reduce heat to medium and sauté for 10 to 15 minutes, turning frequently until a golden brown.
5. Whisk together chicken broth, vinegar, cornstarch and sugar, set aside.
6. Push the chicken to the back side of the pan. Tilt the pan so that the oil flows to the front side of the pan.
7. Sauté green pepper for 1 minutes then add minced garlic and sauté for an additional 30 seconds.
8. Place chicken on plate.
9. Add broth mixture to pan and bring to a boil. Stir while boiling for 1 minute. The sauce will begin to thicken.
10. Add pineapple and olives to sauce.
11. Stir and push to the back side of the pan.
12. Return chicken to pan and cover while preparing plates with spinach and rice.

Tip: Add a slice of fresh ginger when steaming rice.

To Serve: Place spinach on plate, top with rice and chicken then spoon sauce over chicken. Enjoy!