

# RECIPES

*"Brought to you by the Chefs at Cancer Treatment Centers of America"*

## **Chicken Stir Fry with Fresh Pineapple and Red Pepper**

### **Ingredients**

1 # chicken breast sliced thin on a bias  
2 TBLS Chinese white wine  
¾ tsp minced ginger  
2 tsp low sodium soy sauce  
1 tsp chopped garlic  
2 cups medium diced red pepper  
2 cups fresh diced medium pineapple  
1 cup green onion cut on a bias  
2 TBLS canola oil

### **Sauce**

2 cups pineapple juice  
2 TBLS rice wine vinegar  
2 tsp corn starch  
1 tsp soy sauce  
2 tsp hoisin sauce

### **Procedure**

Marinate chicken in white wine, ginger, soy sauce and garlic for one hour  
Mix the ingredients for the sauce all together and put to the side  
Heat oil in a saute pan or wok, add chicken and stir fry until chicken turns white  
Add peppers and diced pineapple and stir fry for another 3 mins  
Add the sauce mixture and bring to a simmer until sauce has thickened.  
Add green onions stir remove from heat

Serve over brown rice or over rice noodleszzz