



Hawaiian Chicken

Ingredients

3 lbs. whole skinless chicken, raw
8 oz. pineapple in juice, canned
3 Tbsp soy sauce
¼ tsp. garlic powder
1 cup pineapple juice, unsweetened
½ cup white onion, sliced
1 sweet red bell pepper, sliced
1 cup fat free chicken broth
1 cup long grain white rice, dry

Preparation

Preheat oven to 350 degrees. Pour cup of rice in bottom of casserole dish. Arrange chicken parts on top followed by onions and bell pepper. In a small bowl, combine remaining ingredients and pour over chicken and rice mixture. Cover and bake one hour.

Serves 6

Serving size: 6 oz. chicken and 2/3 c. rice

Nutrition Facts (per serving)

Calories	458
Fat (g)	7
Saturated Fat (g)	-
Cholesterol (mg)	158
Sodium (mg)	721
Carbohydrate (g)	42
Fiber (g)	2
Protein (g)	53
Calcium (mg)	-

