

Allergy-friendly Pineapple Chicken

Ingredients

- 6 boneless skinless chicken breasts
- 1 teaspoon poultry spice or sage
- 1 tablespoon canola or olive oil
- 1 20 oz can pineapple chunks
- 1 tablespoon cornstarch
- 1/3 cup spicy mustard
- 1/3 cup honey
- 2 teaspoons garlic powder
- Season to taste with salt and pepper



Directions

1. Brown chicken in oil, sprinkling with poultry spice and salt and pepper.
2. Separately, drain pineapple and reserve juice. Mix together cornstarch and 2 tablespoons of the juice until smooth and set aside.
3. Combine the mustard, the honey, the garlic, and the remaining pineapple juice, and add to the pan. Bring pan to a boil, and then cover and simmer on low until chicken is cooked through.
4. Remove chicken from pan. Stir in cornstarch mixture and bring to a boil. Boil, stirring, for about 2 minutes to thicken. Return chicken to pan, place pineapple over, and heat through.
5. Serve with rice.

