

# 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.

