

Sweet and Sour Chicken

1 lb. Chicken breast, boneless, skinless
1 tbsp. Flour
1 tbsp. Vegetable oil
16 oz pineapple chunks, packed in juice
1 tsp. Cornstarch
1 tbsp. Splenda®
1 tbsp. Light teriyaki sauce
1/8 tsp. Pepper

Flatten chicken to ¼ inch thickness. Place flour in plastic bag. Add chicken and shake to coat. In a skillet over medium heat, brown chicken in oil for 3-5 minutes on each side or until juices run clear. Remove and keep warm. Drain pineapple, reserving ¼ cup juice. In a small bowl, combine cornstarch, ¼ cup juice, Splenda, teriyaki sauce, and pepper; whisk together until smooth. Place in skillet and heat to a boil. Boil for 30 seconds or until thickened. Add pineapple and chicken and heat through on low-medium heat. Serve with cooked rice if desired. Makes 6 small servings.

Nutrition Information Per Serving: 196 Calories; 24 grams Protein; 5 grams Fat; 12 grams Carbohydrate; 111 mg Sodium.