



## INGREDIENTS

Makes 3–4 servings

2 skinless chicken breasts (or substitute shrimp, tofu, or tempeh)  
The equivalent of  $\frac{1}{2}$  a fresh pineapple (eyeball it; use frozen if fresh isn't available)

128 g ( $\frac{1}{2}$  cup) carrots (if frozen, run under warm water to thaw)

75 g ( $\frac{1}{2}$  cup) peas (if frozen, run under warm water to thaw)

$\frac{1}{2}$  red bell pepper

1 medium onion

$\frac{1}{4}$  head of broccoli (if frozen, thaw in warm water)

2 scallions

Sliver of fresh ginger, or a pinch of ground ginger

1 clove of garlic (or 1 tsp. of minced garlic from a jar)

1 package of microwavable precooked brown rice

2 Tbsp. reduced-sodium soy sauce

2 Tbsp. healthy oil, such as olive, canola, coconut, or sunflower

Salt and pepper to taste

## STEPS

- 1 Chop the chicken into bite-size pieces, place it in a small bowl, and sprinkle it with salt and pepper. [Note: Always wash your hands with soap and hot water after touching raw meat. Use a separate knife and cutting board for the raw chicken, or wash them with soap and hot water before using them to cut your fruit and vegetables.]
- 2 Chop the pineapple and veggies into bite-size pieces. Slice the carrots finely.
- 3 Finely chop the garlic and ginger (if you're using fresh).
- 4 Heat 1 Tbsp. of the oil in a large pan on medium heat, add the chicken, and cook until the pieces are no longer pink on the inside (about 6–8 minutes).
- 5 Add the remaining 1 Tbsp. of oil to the pan. Then add in the onion, garlic, and ginger to cook, stirring every so often. Once the onion is soft, add the carrots, bell pepper, and broccoli to the pan. Stir and cook for an additional 3–4 minutes, or until the vegetables are cooked to your liking. You should be able to stick a fork into them.
- 6 Heat the precooked rice in the microwave as directed on the packet.
- 7 Add the rice, pineapple, peas, scallions, and soy sauce to the pan. Stir to heat and combine the ingredients, 2–3 minutes.
- 8 Remove the pan from the heat, scoop yourself a serving, and dig in. Wash it down with water, tea, or coffee (using little or no sugar).

This recipe was adapted from *Just a Taste*, a cooking blog by Kelly Senyei.