

Chinese Pineapple Chicken with Black Bean Sauce



main meals

POINTS® Value: 7

Servings: 4

Preparation Time: 15 min

Cooking Time: 13 min

Level of Difficulty: Easy

Forget Chinese take-out: This sweet and savory chicken recipe is delicious and a breeze to make. It's wonderful served over brown rice.

Ingredients

- 1 sprays cooking spray
- 4 medium scallion(s), chopped (green and white parts)
- 1 Tbsp ginger root, fresh, chopped
- 2 medium garlic clove(s), minced
- 1 pound uncooked boneless, skinless chicken breast, cut into 1-inch cubes
- 20 oz canned pineapple, packed in juice, use tidbits
- 1/4 cup black bean sauce
- 2 cup cooked brown rice, kept warm (regular or instant)

Instructions

- Coat a large nonstick skillet with cooking spray and set pan over medium-high heat. Add scallions, ginger and garlic; cook until soft, about 3 minutes. Add chicken and cook until lightly browned on all sides, stirring often, about 5 minutes.
- Add pineapple (with its juice) and black bean sauce to skillet; bring to a simmer. Simmer until chicken is cooked through, about 5 minutes more.
- Divide rice among 4 shallow bowls and spoon chicken mixture over top. Yields about 1 cup of chicken and 1/2 cup of rice per serving.