

Polynesian Chicken



PREPARATION TIME
20 minutes



COOKING TIME
30 minutes



PERFECT PARTNER
white rice



There is no need to purchase extra pineapple juice for this recipe. Use the juice from the canned pineapple and add just enough orange juice to equal $\frac{3}{4}$ cup total liquid.

SHOPPING LIST

- chicken • soy sauce • pepper
- pineapple juice • pineapple

ON HAND

- flour • paprika • butter
- brown sugar • ginger • salt
- cornstarch • vinegar

INGREDIENTS

- 3/4 cup flour
- 2 teaspoons paprika
- 2 teaspoons salt, divided
- 6 skinless, boneless chicken breasts (4 ounces each)
- 1/4 cup butter
- 3/4 cup brown sugar
- 1 tablespoon cornstarch
- 1 teaspoon ground ginger
- 3/4 cup pineapple juice
- 1/4 cup vinegar
- 2 tablespoons soy sauce
- 1 cup canned pineapple tidbits
- 1 small green bell pepper, julienned

SERVES 6

COOK'N
Express

• If you do not want to take the time to julienne the peppers by hand, you can use a food processor fitted with the slicing blade. It will cut peppers in a jiffy.

Make Ahead

You can prepare the sauce in step 3 up to 8 hours ahead. Refrigerate until ready to use.

♦ VARIATION

For lots of color, add julienned red and yellow bell peppers. Serve this South Seas specialty over fettuccine.

1 Preheat oven to 400°F. Combine flour, paprika and 1 teaspoon salt in a resealable plastic bag. Add chicken and seal tightly. Shake until coated.



2 Heat butter in an ovenproof skillet over medium-high heat. Add chicken. Cook until lightly browned on both sides, about 10 minutes.

3 Mix brown sugar, cornstarch, ginger and remaining salt in a medium saucepan. Stir in pineapple juice, vinegar and soy sauce. Add pineapple and bell pepper.



4 Spoon sauce over chicken. Place skillet in oven and bake chicken, basting occasionally with pineapple mixture, for 30 minutes or until chicken is cooked through.