

Pineapple- Sesame Chicken



PREPARATION TIME
10 minutes



COOKING TIME
25 minutes



PERFECT PARTNER
steamed rice



Buy sesame seeds in small portions because the high oil content can cause them to turn rancid quickly. Keep seeds in a dark, cool area or in the refrigerator for no longer than 3 months.

SHOPPING LIST

- chicken • canned pineapple
- sesame seeds • corn syrup
- lemon juice • soy sauce

ON HAND

- butter • ginger • salt
- cornstarch

Pineapple-Sesame Chicken

INGREDIENTS

- 4 skinless, boneless chicken breasts (4 ounces each)
- 1 (15-ounce) can crushed pineapple
- 1/4 cup butter or margarine
- 1/4 cup sesame seeds
- 1/4 cup light corn syrup
- 2 tablespoons lemon juice
- 2 tablespoons soy sauce
- 1 teaspoon ground ginger
- 1 teaspoon salt
- 2 tablespoons cornstarch
- Pineapple rings and chopped parsley (optional)

SERVES 4

COOKIN'
Xpress

• To make the chicken pieces brown evenly, be sure not to crowd them in the sauté pan. If the pan is too small, brown the chicken in batches.

Make Ahead

Combine the ingredients in step 2 up to 8 hours ahead. Store in the refrigerator until ready to use.

VARIATION

For a tropical twist, use lime juice instead of lemon juice. Sprinkle with chopped peanuts or coconut.

1 Cut chicken into bite-size chunks. Drain pineapple, reserving juice. Melt butter in a large skillet over medium heat; add chicken. Sauté until browned, about 5 minutes.



2 Add pineapple, sesame seeds, corn syrup, lemon juice, soy sauce, ginger and salt; mix well.

3 Dissolve cornstarch in reserved pineapple juice in a glass measure. Add enough water to equal 2 cups. Pour over chicken mixture.



4 Simmer mixture over low heat, stirring occasionally, until sauce is thickened and chicken is cooked through, about 20 minutes. Serve over rice. Garnish with pineapple rings and parsley.