

## RECIPES FROM AL KRISMER PLANT FARM

### Stir Fried Chicken with Pineapples and Peppers

**SUBMITTED BY: USA WEEKEND columnist Jean Carper** "Here's an easy way to get low-fat protein (in the chicken breast) and lots of vitamins (in the scallions, peppers and pineapple). Plus, the dab of fresh ginger soothes stomachs and fights inflammation and blood clots."

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PREP TIME **15 Min**  
COOK TIME **15 Min**  
READY IN **45 Min**

**6 Servings**

#### INGREDIENTS

- 1/4 cup reduced-salt soy sauce
- 2 tablespoons white wine vinegar
- 2 tablespoons mirin (sweetened Asian wine)
- 1 teaspoon grated ginger root
- 2 crushed garlic cloves
- 1 tablespoon cornstarch
- 2 tablespoons oil, preferably sesame oil
- 1 pound boneless, skinless chicken breast, cut in 1-inch pieces
- 6 large green onions, cut in 1-inch pieces
- 2 cups fresh or frozen pepper strips
- 1 (20 ounce) can chunk pineapple in juice
- 1/4 cup sliced almonds (optional)

#### DIRECTIONS

1. Combine first six ingredients; stir well.
2. Heat oil in a large skillet and stir-fry chicken until brown and done, about 5 minutes. Remove. Add green onions, peppers and pineapple to the skillet; heat through. Pour in sauce and stir until thickened. Return chicken to skillet; heat through. Serve with brown rice; top with optional almonds.

#### FOOTNOTES

- For more information from Jean Carper, go to [www.Jeancarper.com](http://www.Jeancarper.com).
- Find more recipes, hints and tips from [USA WEEKEND](http://USA WEEKEND).
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