

# Blue is Better Recipe (Serves 4) Baked Pineapple Chicken

## Ingredients

- cooking spray
- 1/2 c. chicken broth
- 6 Tbsp. reduced-sodium soy sauce
- 2 tsp. ground ginger, divided
- 4-6 oz. skinless chicken breast
- 2-8 oz. cans unsweetened crushed pineapple
- 2 tsp cornstarch
- 2 tsp. sugar free orange marmalade
- 2 tsp. lemon juice

## Preparation Instructions

1. In ziplock bag, combine broth, soy sauce, 1 tsp ginger & chicken. Seal bag & turn to coat. Refrigerate 2 hours turning occasionally.
2. Drain pineapple, reserving 1 c. juice. Set aside 1/2 c. pineapple (refrigerate remaining). In a saucepan, combine cornstarch & reserved juice until smooth. Stir in pineapple, orange marmalade, lemon juice & remaining ginger. Bring to a boil; cook & stir for 1-2 minutes or until thickened.
3. Drain chicken & discard marinade. Place chicken in baking dish coated with cooking spray. Top with pineapple mixture. Bake uncovered at 350° for 45-50 minutes or until juices run clear.



## NUTRITION FACTS

### Serving Size

6-oz. chicken breast

### Amount Per Serving:

<b>Calories</b> .....	414
Calories from Fat.....	54
<b>Total Fat</b> .....	6 g
Saturated Fat.....	2 g
<b>Cholesterol</b> .....	136 mg
<b>Sodium</b> .....	660 mg
<b>Carbohydrate</b> .....	36 g
Dietary Fiber.....	2 g
<b>Protein</b> .....	52 g