

Pineapple Chicken

Heat 1 tablespoon olive oil in saute pan. Saute chicken until browned. Set aside. Add sauce and pineapple/peppers to pan. Heat the sauce to boiling, then reduce heat to simmer. Add cooked chicken. Let simmer 10 minutes. Combine cornstarch and 1 tablespoon cold water into a small bowl. Pour cornstarch mixture into sauce and stir. Cook sauce over low heat for additional 5 minutes, until thickened. Serve over cooked rice.

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