Pineapple-Chicken Stir-fry

Tofu can be substituted in this recipe to make a vegetarian entrée. Just marinate the tofu in a mixture of soy sauce and pineapple juice for about 5-10 minutes before cooking!

**Ingredients:**
- 8 oz can pineapple chunks, 3 Tbsp. juice reserved
- 1 Tbsp. low-sodium soy sauce
- 1 tsp. cornstarch
- 2 boneless, skinless chicken breast, diced
- 1 Tbsp. canola oil
- 1 Tbsp. garlic, minced
- 1 red bell pepper, sliced into thin strips
- 1 cup mushrooms, halved
- 2 cups cooked brown rice

**Directions:**
1. Whisk together pineapple juice, soy sauce, and cornstarch. Set aside until ready to use.
2. Heat oil in a large nonstick skillet over medium-high heat. Add garlic and sauté until fragrant. Add chicken pieces and cook for about 6-7 minutes.
3. Once chicken is almost cooked through, add vegetables and pineapple to pan. Cook for 2-3 minutes, until tender.
4. Pour in the sauce and cook, stirring until thickened, about 30 seconds.
5. Serve stir-fry over cooked brown rice.

**Nutrition Facts**
- Serves 4
- Serving: ¼ of stir-fry
- Calories: 295
- Fat: 5 grams
- Saturated fat: 0.2 grams
- Sodium: 205 mg
- Carbohydrates: 37 grams
- Fiber: 4 grams
- Protein: 22 grams