

Pineapple Caribbean Chicken

Ingredients:

- 1 Pound boneless, skinless chicken breast, cut into 4 equal pieces
- 2 Tablespoons honey
- ¼ Cup Dijon mustard
- 2 Tablespoons pineapple juice
- 1 Teaspoon sesame seeds
- 1/3 teaspoon lemon juice



Directions:

1. Preheat oven to 325° F.
2. Rinse chicken breasts under cold water and pat dry with paper towels.
3. Combine remaining ingredients in small saucepan; heat over medium heat for approximately 5 minutes until mixture simmers. Do not boil.
4. Remove sauce from heat and keep warm.
5. Place chicken breast in baking pan coated with nonstick cooking spray.
6. Pour warm sauce evenly over chicken and bake 15 to 20 minutes or until chicken reaches internal temperature of 165° F.
7. Serve with a green salad or steamed vegetables.

Nutrition Information:

Serving size*: 1

Calories per serving: 170

Total protein per serving: 24g

Servings per recipe: 4

Total fat per serving: 2g

Total carbohydrates per serving: 10g

Nutritional Benefits:

Chicken is high in protein, selenium, phosphorus, niacin and B6.

*Serving size that is suggested for post-operative bariatric patients

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<http://www.yummly.com/recipe/external/Perfect-Sesame-Chicken-1083175>