

# Pineapple Chicken

This recipe makes enough to fill 1 medium tray\*

## Ingredients:

2 Chicken breasts cut into 1" pieces	¾ C Pineapple Juice (from drained pineapple)
½ tsp Garlic powder	2 Tbsp Soy Sauce
Pepper to taste	1 tsp Rice Vinegar (or Apple Cider Vinegar)
2-8oz cans Pineapple tidbits	1 tsp grated Ginger
1 red Bell Pepper	2 cloves Minced garlic
½ medium Onion	
<b>Sauce Ingredients</b>	1 Tbsp Cornstarch
3 Tbsp Honey	



## Directions:

1. Add the sauce ingredients into a small bowl and whisk until smooth
2. Cut the Pepper and Onion into small bite size pieces
3. Take the chicken pieces and toss them with the garlic powder and pepper
4. Using a small amount of olive oil or chicken broth, cook ½ the chicken pieces over medium high heat, remove from the pan and cook the other ½ of the chicken pieces and remove from the pan.
5. Add the pineapple to the pan and cook for about 1 minute (can add chicken broth or water to help keep it from sticking)
6. Add the veggies to the pan and cook for another 3 minutes or so.
7. Add the chicken to the pan and then stir in the sauce. Let it bubble until thickened
8. Let cool, then spread evenly across a parchment lined tray, add dividers to make 4 servings if desired.
9. Freeze dry
10. Store Appropriately (See Tips and Tricks for storage help)

**Cycle Time:** 36 Hours

**Rehydration:** Add either boiling water or chicken broth, starting with ½ C per serving, let sit for 5 minutes, add more boiling liquid and let sit if needed. Repeat until desired consistency is reached.



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Cycle times & rehydration for reference only

\*XL Tray = 15 Cups/Tray

Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Small = 5 Cups/Tray