

Honey Lime Chicken Recipe

<http://happymoneysaver.com/honey-lime-chicken/>

Ingredients

- 1 ½ pounds boneless skinless chicken breast, cut into bite sized pieces
(can use boneless pork)
- 1½ teaspoon garlic powder
- 1 Tablespoon Oil
- 1 20 oz can pineapple chunks with juice
- ¼ cup honey
- 3 Tablespoon Lime juice
- 2 Tablespoon Soy Sauce
- 2 teaspoon Corn starch



Serves 4

Serves over cooked rice

Optional additions

When cooking meat can add diced onion and/or sliced carrot rounds

When adding pineapple can add peppers and/or thawed snow peas

Instructions

1. Cut the meat into bite sized pieces.
 2. Heat oil in a skillet over med-high and add meat and garlic powder.
 3. Cook meat until golden brown.
 4. Drain the pineapple, keeping the juices.
 5. Add ¼ cup of the pineapple juice to the skillet.
 6. Cover and simmer 6-8 minutes.
 7. Remove meat from the pan.
 8. Mix cornstarch with pineapple juice.
 9. Add honey, lime juice, soy sauce, cornstarch mixture.
 10. Add to the pan.
 11. Bring to a boil stirring constantly.
 12. Cook and stir until thickens.
 13. Add meat and pineapple heat through just a few minutes.
 14. Serve over hot rice.
 15. To freeze this recipe, cook it all up as directed above. Then let it cool, and add it to a freezer bag. Label and freeze. Then warm it up and serve with fresh hot rice.
- Can double and freeze half as well

<http://www.lincolntent.com/GlutenFreeCaseinFree-Chicken.html>