



Hawaiian Chicken

with Lima Beans and Pineapple

Ingredients

- 1 cup brown rice
- 1 ½ cups hot water
- 1 (20oz) can pineapple tidbits, in juice (reserve juice)
- 1 tablespoon cornstarch
- 4 tablespoons Dijon mustard
- 4 teaspoons honey
- 2 cloves garlic, minced (or 1 teaspoon garlic powder for chicken and limas)
- 1 bell pepper, chopped
- ½ cup lightly salted dry roasted peanuts, chopped
- 2 tablespoons oil
- 1 lb boneless, skinless chicken breasts
- 4 teaspoons thyme, dry
- Salt
- Black pepper
- 2 cups lima beans, frozen
- ½ teaspoon lemon juice

Directions

1. Preheat oven to 375.
2. In an 8x8 glass baking dish, stir together brown rice, hot water, and oil. Cover tightly with foil. Bake 1 hour.
3. Whisk together cornstarch and 1/4 cup reserved pineapple juice until smooth. Set aside.
4. Whisk mustard, honey, ½ minced garlic, and remaining pineapple juice (1 cup). Set aside.
5. In a large skillet, heat 1 tablespoon oil over medium heat.
6. Sprinkle chicken with thyme, salt, and pepper. Brown in hot oil until 165 degrees. Set aside.
7. Steam lima beans according to package directions.
8. In the same large skillet, heat another tablespoon oil. Sauté pepper until tender.
9. Stir in mustard, honey, juice mixture and bring to a boil.
10. Gradually stir in cornstarch mixture. Bring to a boil. Lower to a simmer and stir for 2 minutes or until thickened.
11. Add chicken to pan and coat with sauce to bring back to temperature. Sprinkle with peanuts.
12. Season steamed lima beans with salt, pepper, remaining garlic, and lemon juice.
13. Enjoy Hawaiian chicken over rice with a side of garlicky lima beans and pineapple tidbits!