

LEMON PINEAPPLE CHICKEN

Ingredients

- 1 fresh pineapple
- 1 tablespoon safflower oil
- 2 half chicken breasts skinned and boned
- Pepper to taste
- 1/4 teaspoon thyme crumbled
- 2 tablespoons flour
- 1/2 cup water or pineapple juice
- 1 tablespoon lemon juice
- 3/4 teaspoon chicken bouillon crystals

Instructions

Twist crown from pineapple. Cut pineapple lengthwise in half. Remove fruit from shells with a curved knife. This recipe uses half the fruit; refrigerate half and use it later.) Cut the half pineapple crosswise into 6 slices: lightly sauté in oil. Remove from skillet. Pound chicken to half-inch thickness. Cut each breast in half and sprinkle with pepper and thyme. Coat with flour. Brown on both sides in pan juices. Cover pan; simmer 1 or 2 minutes until done. Arrange chicken on two serving plates with the sautéed pineapple. Add water, lemon juice and chicken bouillon to skillet. Boil until reduced by one-half. Spoon sauce over chicken and pineapple.