

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

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