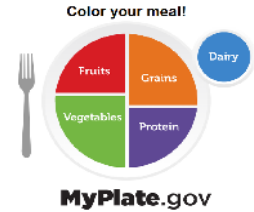




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# MANGO CHICKEN STIR FRY

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## Ingredients:

**Non-stick cooking spray**

**1lb chicken breast**

**1/4 cup pineapple juice**

**3 tbsp low sodium soy sauce**

**1/4 tsp ground ginger**

**1 red bell pepper**

**1/4 cup almonds**

**2 mangos**

**black pepper, to taste**

**2 cups brown rice, cooked**

## Directions:

1. Spray a large wok or skillet with nonstick cooking spray.
2. Sauté chicken over medium-high heat until cooked through, about 10 minutes.
3. In a small bowl, stir together pineapple juice, soy sauce, and ginger. Add sauce and bell pepper to the skillet.
4. Cook and stir for about 5 minutes until peppers are crisp-tender.
5. Add the mango and almonds to the wok or skillet and cook until hot. Season with ground black pepper to taste.
6. Serve each cup of stir-fry over ½ cup of brown rice.

Find more recipes and resources online at: [www.gcfb.org/recipes\\_resources](http://www.gcfb.org/recipes_resources)

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