

## Low-Point Pineapple Chicken

Ingredients:

- 2 Tbs Land O Lakes Light Butter with Canola Oil
- 3 Tbs ketchup
- 2 Tbs light brown sugar
- 2 tsp. flour
- 2 Tbs vinegar
- 1/2 tsp. soy sauce
- 1/4 tsp. Worcestershire sauce
- 3/4 cup crushed pineapple, drained (divided)
- 1/4 cup pineapple juice
- 1 tsp. Splenda
- 3, 4 oz. skinless boneless chicken breasts
- fresh cilantro

Preheat oven to 400 degrees. Melt butter in a saucepan over medium-high heat. Stir in ketchup and brown sugar. Whisk flour and vinegar together until smooth and add to sauce pan once brown sugar dissolves. Add soy sauce, Worcestershire sauce, a half cup of the crushed pineapple, pineapple juice, and Splenda. Arrange chicken in baking dish and pour pineapple sauce on top. Place in oven, and bake for 25 minutes. Remove chicken and place on three plates, spooning pineapple mixture over the top. Sprinkle with a little fresh cilantro and divide the fourth cup leftover crushed pineapple on each plate of chicken. Enjoy!

Total servings - 3

Serving size - 1

Points per serving - 5

Points plus per serving - 5.5

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"Don't listen to what people say; watch what they do." - Anonymous***