

## NUTRITION EDUCATION

This dish is easy to prepare and a good source of vitamin C thanks to the pineapple and green pepper. Vitamin C is needed for healthy gums and teeth and is necessary for healing of wounds and broken bones. It also helps prevent infection. Vitamin C is an antioxidant which means it works to protect your body's cells from damage and this may help to prevent diseases such as cancer.

### Pineapple Chicken Lo Mein

- 1 can (20 ounces) unsweetened pineapple chunks
- 1 pound boneless skinless chicken breasts, cut into 1-inch cubes
- 2 garlic cloves, minced
- $\frac{3}{4}$  teaspoon ground ginger or 1 tablespoon minced fresh ginger root
- 3 tablespoons vegetable oil, *divided*
- 2 medium carrots, julienned
- 1 medium green pepper, julienned
- 4 ounces spaghetti, cooked and drained
- 3 green onions, sliced
- 1 tablespoon cornstarch
- $\frac{1}{3}$  cup soy sauce

Drain pineapple, reserving  $\frac{1}{3}$  cup juice (discard remaining juice); set pineapple aside.

In a large skillet over medium heat, cook the chicken, garlic and ginger in 2 tablespoons oil for 6 minutes. Add the carrots, green pepper and pineapple. Cover and cook for 2-3 minutes or until vegetables are crisp-tender and chicken juices run clear. Stir in spaghetti and onions.

In a small bowl, combine the cornstarch, soy sauce, reserved pineapple juice and remaining oil until smooth. Stir into chicken mixture. Bring to a boil; cook and stir for 2 minutes or until thickened.

**Yield:** 6 servings.

Taken from: *Quick Cooking* magazine.

