

Pineapple chunks and Sriracha-glazed chicken pieces are spooned over the wild rice in this recipe, consider also serving the rice mixed in with brown rice to liven it up as a side.

## **INGREDIENTS:**

For the Sriracha Chicken:

- 1/2 cup of pineapple juice
- 1 cup canned pineapple chunks (in light syrup or own juice, divided)
- 2 tablespoons Sriracha hot sauce or another Asian hot sauce
- 2 tablespoons honey
- 2 green onions, thinly sliced with white parts and green parts separated
- 1 1/4 pound skinless, boneless, thinly sliced chicken breasts (cut into 1-inch strips)
- 1 tablespoon cornstarch
- 1/8 teaspoon ground black pepper
- 2 teaspoons canola oil
- 1 can sliced water chestnuts (drained)

For the wild rice:

- 3 teaspoons canola oil (divided)
- 2 5-ounce fresh baby spinach
- 2 teaspoons minced garlic
- 1/2 cup wild rice (rinsed)
- 1 1/2 cups water
- 1/8 teaspoon salt



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- 1/8 teaspoon ground black pepper

## **INSTRUCTIONS:**

For the Sriracha Chicken:

1. In a small bowl, combine ½ cup pineapple juice, Sriracha, and honey. Stir to combine and reserve. Thinly slice the scallions, separating the white parts from the green parts. Reserve.
2. Slice the chicken breasts into 1-inch strips and place into a large Ziploc bag or a large bowl. Add cornstarch and pepper, stirring or shaking to distribute onto the chicken.
3. Warm oil in a large nonstick pan over medium-high heat. Add chicken and sauté until chicken is golden on the outside and fully cooked on the inside, about 7 to 10 minutes depending on thickness.
4. Stir in 1 cup pineapple chunks, scallion whites, and water chestnuts. Cook for 1 minute, stirring constantly.
5. Pour in Sriracha mixture and increase heat to high. Let mixture boil and thicken, about 2 to 3 minutes. Remove from heat and stir again. Serve chicken over the wild rice. Garnish with the scallion greens.

For the wild rice:

1. In a medium heavy-duty pot, warm 1 teaspoon oil over medium-high heat. Add half of 1 container of spinach into the pot, stirring until wilted, 1 to 2 minutes. Repeat with remaining spinach until all of it is wilted.
2. Add remaining 2 teaspoons oil. Stir in garlic, cooking until fragrant, about 30 seconds to 1 minute. Add wild rice, stirring constantly until rice is coated in oil, about 1 to 2 minutes.
3. Pour in water and add salt and pepper. Increase the heat to high and bring mixture to a boil. Cover and reduce heat so

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rice is at a high simmer, around medium-low heat. Cook until all the water is evaporated and some of the rice has “popped” open, about 45 to 60 minutes.

4. Fluff the rice to serve.

## **Nutrition Facts**

<b>Calories</b>	455
<b>Total Fat</b>	10.1 g
Saturated Fat	1.3 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.5 g
Monounsaturated Fat	4.8 g
<b>Cholesterol</b>	90.7 mg
<b>Sodium</b>	466 mg
<b>Total Carbohydrate</b>	55.2 g
Dietary Fiber	6.3 g
Sugars	28.8 g
<b>Protein</b>	35.5 g

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.

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