

Flying Home

SF



with Rhett Red Pepper

Recipe

Thai Pineapple & Chicken

Preparation Time: 30-60 minutes

- 4 Cups cooked brown rice
- 2 Tbsp peanut or canola oil, divided
- 1 lb Boneless, skinless chicken breast, cut into 1" cubes
- 2 Cloves garlic, minced
- 1 Red bell pepper, cut into chunks
- 1 Medium onion, cut into chunks
- 2 Cups broccoli florets and stems
- 2 Cups pineapple, fresh, diced
- 1 Lime, divided
- 1 Tbsp Thai fish sauce
- 2 Tbsp Thai chili sauce
- ¼ Cup chopped cilantro

Heat 1 Tbsp oil in a large skillet. Add cubed chicken, stir fry 4-5 minutes until done. Remove from skillet. Heat remaining oil. Add garlic and cook one minute. Add bell pepper, onion and broccoli; cook 5 minutes. Add pineapple; cook an additional 3-4 minutes. Return chicken to skillet and stir in juice from ½ lime, fish sauce, chili sauce and cilantro. Cook 1 more minute. Serve over brown rice with lime wedges.

Talking Points

Antioxidants
in red
peppers help
protect your
body from

Red peppers are HIGH
in Vitamin _____

Sweet peppers come
in a variety of colors
EXCEPT

- a) Blue
- b) Green
- c) Red

WHAT

is Randy Radish's superpower?

Shopping Tip

- Look for bell peppers with smooth skin, which signifies freshness.
- Red bell peppers are green on the plant before turning a bright red, sweetening in taste.



SF
SuperFood[™]
HEROES



rhet
red pepper

Color Me!