Crocked Pineapple Chicken

Ingredients:

6 whole chicken breast halves without skin - skinned and split

1 dash pepper

Paprika – to taste

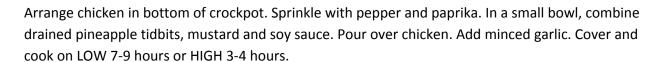
20 ounces pineapple chunks in juice

2 tablespoons Dijon mustard

2 tablespoons soy sauce

1 clove garlic - minced

Directions:



Makes 6 serving @ 3 points, 3 points plus

Per Serving: 194 Calories; 2g Fat; 28g Protein; 16g Carbohydrate; 1g Dietary Fiber; 68mg Cholesterol; 483mg Sodium

