**Chicken and Grapefruit Stir-fry**

**Ingredients**
- 1 grapefruit, peeled
- 1# pineapple chunks in unsweetened pineapple juice
- ¼ cup cornstarch
- 2 tsp. sodium reduced, soy sauce
- 3 Tbsp. vegetable oil
- 2 cloves garlic, minced
- 1# boneless, skinless chicken breast halves, cut across the grain into slices
- 1 cup snow peas, trimmed
- 4 scallions, sliced diagonally

**Directions**

Peel the grapefruit and cut into sections, holding the fruit over a small bowl to catch the juice. Drain the pineapple well, reserving the juice. Put the pineapple juice and grapefruit juice into a measuring cup and add enough water to equal 2 cups. Add the cornstarch and soy sauce and stir until smooth.

In a large nonstick skillet, heat the oil over medium heat until hot. Add the garlic and chicken. Cook until internal temperature of 165°F. (around 8-10 minutes). Add the snow peas and cornstarch mixture; stir-fry until the sauce thickens and boils. Add the grapefruit, pineapple, and scallions; stir-fry until heated through.

Makes 8 servings.

**Nutritional Information Per Serving:**
- Calories: 165
- Carbohydrates: 20 grams
- Fat: 3 grams
- Cholesterol: 31 mgs.
- Protein: 14 grams
- Dietary Fiber: 3 grams
- Sodium: 82 mgs.