

PINEAPPLE CHICKEN MY WAY

1 Tray (12 pieces) chicken tenders	1 cup All Purpose flour
1 Tbs. salt	1 Tsp Turmeric
1 Tsp. ground black Pepper	½ Tsp. ground cloves
½ Tsp. cinnamon	
1 fresh pineapple, cleaned, sliced and cut into small pieces	
1 bag frozen cranberries	1 ½ cup frozen peas
2 Tbs. coconut oil	

Mix the flour and all the spices in a bowl, or zip lock bag

Cut the chicken into bite size pieces and mix with the flour mixture, so that all the meat is slightly coated.

In a dutch oven heat the coconut oil till it shimmers

Brown the chicken in batches (don't overload the pot) to a light golden color, remove from pot and repeat with the rest of the chicken pieces.

In a bowl, defrost the cranberries and peas in the microwave. For about 2 minutes.

Place all the chicken back in the pot.

Add the pineapple, cranberries and peas and heat everything through,

That's it!