

Sweet and Sour Style Chicken



Serving Size:
~ ½ cup chicken mix
~1 cup stir fry, ½ cup rice

Number of Servings:
2

Ingredients:

Pineapple juice
Hoisin sauce
Soy sauce, low sodium
Ketchup
Rice vinegar
Cornstarch
Water

Quantity:

$\frac{2}{3}$ cup
1 cup
2 Tbsp
1 Tbsp
 $\frac{1}{2}$ tsp
1 tsp
2 tsp

Brown rice, dry

$\frac{1}{2}$ cup

Chicken breast
All-purpose flour
Sesame oil
Pineapple chunks

1 each (~6 oz)
2 Tbsp
2 Tbsp
 $\frac{1}{2}$ cup

Red onion
Red bell pepper
Yellow bell pepper
Carrot, small
Snow peas
Cauliflower florets
Ginger, ground or fresh
Garlic, powdered or fresh

$\frac{1}{4}$ cup
 $\frac{1}{2}$ each
 $\frac{1}{2}$ each
1 each
 $\frac{1}{2}$ cup
 $\frac{1}{2}$ cup
1 tsp
2 tsp

Optional: Scallions, cut small
Optional: Black sesame seeds

1 Tbsp
2 tsp

Method of Preparation

1. Gather ingredients. Prep vegetables. Cut all into thin strips. Snow peas can be whole or halved. Cauliflower left as florets
2. Rinse rice until water runs clear. Cook rice with 1 cup of water, for about 20 minutes until water is absorbed
3. In a small sauce pot, whisk together pineapple juice, hoisin sauce, soy sauce, ketchup and rice vinegar. Simmer over medium heat
4. In a separate small bowl, combine cornstarch and water to make a slurry. Add to sauce and whisk to combine
5. Bring mixture to a boil, and then reduce to a simmer. Sauce will begin to thicken
6. Cube chicken, lightly coat with flour
7. Heat a medium pan with 1 Tbsp of sesame oil, reserving the rest for the vegetables. Sauté chicken until golden brown
8. Add sauce and pineapple to the pan with chicken, mix and keep on low heat
9. In a large pan heat remaining sesame oil, sauté onions, carrots and peppers for about 3 minutes, then add remaining vegetables, garlic and ginger. Cook until lightly browned and tender to your liking
10. Serve warm and spoon on extra sauce as desired

Note: Serve warm. Can substitute liquid aminos for soy sauce.

Nutritional Analysis: Per serving

Calories:	560	Fiber:	6 g
Total Fat:	18 g	Cholesterol:	60 mg
Saturated Fat:	2.8 g	Iron:	2.7 mg
Mono Fat:	6.6 g	Vitamin D	0 mcg
Protein:	28 g	Sodium:	700 mg
Carbohydrates	70 g	Potassium:	1000 mg