

sweet and sour chicken

Serves: 4

Prep and Cook time: 45 min

Per serving: 468 calories, 13 g fat, 1871 mg sodium

2 TBS corn starch

3/4 cup sugar

1/2 cup soy sauce

1/4 cup white vinegar

1 clove garlic (optional)

1 (15 oz) can cut pineapple, cherry, tropical fruit mix, or peach

1/4 tsp pepper

1/2 tsp ginger

1/2 cup chopped onion and green pepper (optional)

1 lb. boneless chicken breast or tender

2 tsp oil (canola or vegetable)

1. Heat the oil in a skillet over medium heat. Cut the chicken into small, bite-sized pieces and place in the pan. Cook the chicken until no longer pink in the middle, 3-5 minutes. Set aside.

2. Strain the juice of the fruit into the same pan and stir in the cornstarch completely before heating. Heat until simmering, then add the sugar, soy sauce, vinegar, garlic, pepper, ginger, and onions and pepper. Stir well until sugar is dissolved.

3. Add fruit and heat through. Serve over the cooked chicken.

Vary It! Serve this dish with a side of brown rice!