

Sweet & Sour Chicken

1 pound chicken breast, cut into bite-sized pieces 1 onion, chop in large pieces
1 Tablespoon vegetable oil 2 cups carrots, thinly sliced
1 (8 oz) can of pineapple tidbits (drain juice and save for sauce) 1 green or red pepper, chopped

Sauce:

¼ cup brown sugar ¼ cup pineapple juice (from can)
1 teaspoon ground ginger 2 Tablespoons cornstarch
¼ cup vinegar 3 Tablespoons soy sauce

Serve with brown rice

¼ cup slivered almonds (if you wish)

1. In a skillet, heat 1 Tablespoon of oil.
2. Add chicken and stir-fry with peppers and onions.
3. Once chicken is no longer pink, stir in carrots (which have been microwaved for 2 minutes) and pineapple tidbits. Reduce heat.
4. In a small bowl, mix sauce ingredients.
5. Pour sauce into chicken and vegetable mixture. Heat thoroughly, stirring until thickened.

Serve chicken-veggie mixture over brown rice. Top with slivered almonds, if you wish.



Prepared by Eau Claire County Wisconsin Nutrition Education Program (WNEP). WNEP education is supported by the USDA Food Stamp Program, UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call 715/839-2300. An EEO/Affirmative Action employer, UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements.

