

Sweet and Sour Chicken



Ingredients

3/4 cup reduced sodium chicken or vegetable broth	3 carrots, thinly sliced
3 Tbsp red wine vinegar	1 red pepper, chopped
2 Tbsp reduced sodium soy sauce	2 cups fresh pea pods
2 tsp honey	12 oz skinless, boneless chicken breast, cut into 1 inch pieces
1 Tbsp arrowroot	1 can pineapple chunks no sugar added (8 oz)
1-3 cloves garlic, minced	3 cups cooked brown rice
4 tsp canola oil	

Instructions

Instructions: For sauce, in a small bowl stir together broth, vinegar, soy sauce, honey, arrowroot, garlic and set aside. In a large skillet heat oil over medium high heat. Add carrots and red peppers, cook for 3 minutes. Add pea pods. Cook and stir for 2 minutes or until vegetables are crisp-tender. Remove from skillet and set aside. Add remaining 1 tsp oil to skillet. Add chicken to skillet. Cook and stir for 3-7 minutes or until chicken is no longer pink. Once chicken is done stir in sauce. Cook until thickened and bubbly. Add vegetable mixture and pineapple chunks to skillet, heat through. Serve with hot cooked brown rice.

Nutrition Information Per Serving

Serves 6

Calories: 270

Fat: 5 gm

Sodium: 321 mg

Fiber: 4 gm

Carbohydrates: 39 gm

Protein: 18 gm

Cholesterol 33 mg