Sweet and Sour Chicken

This recipe is an excellent source of vitamin A, which keeps eyes and skin healthy.

Ingredients:

1 can (8-ounce) unsweetened **pineapple chunks**
1 pound skinless, boneless **chicken** breast
1 cup 99% fat-free **chicken broth**
1/4 cup rice wine **vinegar**
1/4 cup **brown sugar**
2 tablespoons **soy sauce**
1 clove **garlic**, minced or 1/8 teaspoon garlic powder
1 cup **celery**, sliced
1 medium yellow **onion**, cut in eighths
1 **green bell pepper**, sliced
1 large **carrot**, sliced diagonally 1/4" thick
3 tablespoons **cornstarch**
1/4 cup cold **water**

Directions:

1. Drain pineapple and reserve juice.
2. Cut chicken into 1" cubes and place in a large skillet.
3. Add reserved pineapple juice, chicken broth, vinegar, brown sugar, soy sauce, and garlic. Cover and simmer over low heat (250 degrees for an electric skillet) for 10 minutes or until chicken is no longer pink when cut.
4. Add vegetables and pineapple, cook an additional 5 minutes.
5. Combine cornstarch with water and whisk until smooth. Slowly pour into hot mixture, stirring constantly, until thickened, about 1 minute more.
6. Refrigerate leftovers within 2 - 3 hours.

Nutrition Facts

Serving Size 1 cup (271g)
Servings Per Container 6

Amount Per Serving

Calories 180	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 590mg	**25%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 2g	**8%**
Sugars 14g	
Protein 20g	

Vitamin A 80% • Vitamin C 40%
Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

6 servings, 1 cup each

Source: Adapted from Marjorie Braker, OSU Extension Service, Clackamas County.
For more recipes and other resources on eating well for less, visit the OSU web site at http://healthyrecipes.oregonstate.edu

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