

Sweet and Sour Chicken with Rice

Yield: 4 petite servings

Sauce Ingredients:

1 tablespoon vegetable or canola oil
2 scallions, sliced thin
1 garlic clove, minced
1 teaspoon fresh ginger root, grated
¼ cup pineapple juice
1 tablespoon rice wine vinegar
2 tablespoons soy sauce
2 tablespoons brown sugar
1 teaspoon sweet chili sauce
¼ cup chicken stock
1 tablespoon cornstarch mixed with ¼ cup water

Chicken and Vegetables:

1 cooked, boneless, skinless chicken breast, cut up into cubes
¼ cup red bell pepper, cut into ½" pieces
handful or snow peas
¼ cup pineapple chunks

4 cups prepared white rice
handful of cilantro, finely chopped
toasted sesame seeds (for garnish)



- Step 1:** **Prepare the sauce:** Begin by sauteing the green onions and garlic in one tablespoon of canola oil over medium-high heat. Add the ginger, pineapple juice, rice wine vinegar, soy sauce, brown sugar, chicken stock and sweet chili sauce. Stir well making sure the sugar is dissolved. Then add the cornstarch/ water mixture and bring to a boil. Again, stir well and reduce to a simmer until the liquid has thickened.
- Step 2:** Add the red bell peppers and pineapple and cook for another minute before adding in the snow peas and cooked chicken. Continue cooking until the chicken is heated through.
- Step 3:** Serve the sweet and sour mixture while it's hot over rice and garnish with cilantro, scallions or sesame seeds if desired.