



Sweet and Sour Chicken and Rice Dinner

Serving Size: 2/3 cup rice, 1¼ cup topping

Yield: 5 servings

Ingredients:

- 16 ounces chicken (skinless, boneless)
- 1 bag (16-ounce) frozen stir-fry veggies
- ¼ cup prepared sweet and sour sauce
- 1 teaspoon vegetable oil
- 2 cups instant uncooked brown rice
- 1 can (8-ounce) pineapple chunks with juice



OR make your own sweet and sour sauce mixture

- ¼ cup sugar
- 1 tablespoon cornstarch
- 2 tablespoons vinegar
- ¼ cup water
- 1½ tablespoons reduced sodium soy sauce
- 1 teaspoon ketchup

Directions:

1. Cut chicken into ¾ inch pieces. Wash your hands thoroughly.
2. Remove stir-fry veggies from freezer to thaw.
3. Optional: Make sweet and sour sauce. Mix the sugar and cornstarch in a small bowl. Stir in water, soy sauce, vinegar, and ketchup. Set aside.
4. Heat oil in skillet over medium heat. When oil is hot, add chicken and cook until done. Remove chicken to a bowl and set aside. Set frying pan aside.
5. Heat water for rice to boiling. Add rice. Let rice cook according to the package directions.
6. Return skillet (used to cook chicken) to the stove. Add sauce ingredients from above. Cook over medium high heat. Bring to a boil, stirring constantly OR add the prepared sweet and sour sauce.
7. Stir in the pineapple (undrained), vegetables, and chicken. Reduce heat to medium-low. Cook about 5 minutes.
8. Serve chicken and veggie mixture on top of the rice.



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Nutrition facts (per serving): Calories, 340; Calories from fat,40 ; Total fat, 4.5g; Saturated fat, 0.5g; Trans fat 0g; Cholesterol, 60mg; Sodium, 320mg; Total Carbohydrate, 48g; Fiber, 4g; Protein, 24g; Vitamin A, 15%; Vitamin C, 40%; Calcium, 4%; Iron, 6%

Source: Spend Smart. Eat Smart., Iowa State University Extension



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