



## NUTRITION PER SERVING:

<b>CALORIES</b>	221
<b>PROTEIN</b>	23 G
<b>CARBOHYDRATE</b>	21 G
<b>TOTAL FAT</b>	6 G

<b>PREP TIME:</b>	15 MINUTES
<b>COOK TIME:</b>	15 MINUTES

<b>YIELD:</b>	4 SERVINGS
<b>SERVING SIZE:</b>	3 OZ CHICKEN, 1 C VEGETABLES

<b>1 BAG</b>	(12 OZ) FROZEN VEGETABLE STIR-FRY
<b>1 TBSP</b>	PEANUT OIL OR VEGETABLE OIL
<b>1 TBSP</b>	GINGER, MINCED
<b>1 TBSP</b>	GARLIC, MINCED (ABOUT 2–3 CLOVES)
<b>1 TBSP</b>	SCALLIONS (GREEN ONIONS), RINSED AND MINCED
<b>2 TBSP</b>	RICE VINEGAR
<b>1 TBSP</b>	ASIAN HOT CHILI SAUCE
<b>2 TBSP</b>	BROWN SUGAR
<b>1 TBSP</b>	CORNSTARCH
<b>1 C</b>	LOW-SODIUM CHICKEN BROTH
<b>12 OZ</b>	BONELESS, SKINLESS CHICKEN BREAST, CUT INTO THIN STRIPS
<b>1 TBSP</b>	LITE SOY SAUCE

## SWEET-AND-SOUR CHICKEN

SWEET AND SOUR FLAVORS MAKE A WINNING COMBINATION IN THIS HEALTHIER VERSION OF A POPULAR CHINESE DISH

- 01 Thaw frozen vegetables in the microwave (or place entire bag in a bowl of hot water for about 10 minutes). Set aside until step 6.
- 02 Heat oil in a large wok or sauté pan over medium heat. Add ginger, garlic, and scallions, and stir fry until cooked, but not browned, about 2–3 minutes.
- 03 Add the rice vinegar, chili sauce, and brown sugar to the pan, and bring to a simmer.
- 04 In a bowl, mix cornstarch with chicken broth, and add to the pan. Bring to a boil over high heat, stirring constantly. Lower heat to a gentle simmer.
- 05 Add chicken, and stir continually for 5–8 minutes.
- 06 Add vegetables, and mix gently. Simmer with lid on to reheat, about 2 minutes.
- 07 Add soy sauce, and mix gently.
- 08 Divide into four even portions, and serve.

**Tip:** Try serving with a side of steamed rice.



Chili sauce may be too spicy for children—consider adding this ingredient individually at the table