

CDC Recipes: Sweet and Sour Chicken



Ingredients

- 1 20-oz can pineapple chunks, juice pack
- ½ cup sugar
- 2 tablespoons cornstarch
- ½ cup vinegar
- 2 tablespoons orange marmalade
- ¼ cup margarine
- 1 lb boneless chicken breasts, cut into ½-inch cubes
- 1 green pepper, sliced
- 1 medium onion, thinly sliced
- 3 cups hot cooked white rice

Preparation

1. Drain pineapple, reserving ⅓ cup juice. Combine with sugar and cornstarch.
2. Mix in pineapple, reserved juice, vinegar and orange marmalade. Set aside.
3. Melt margarine in a wok or large skillet. Add chicken and cook 5 minutes, stirring frequently.
4. Add green pepper and onion and cook 2 minutes.
5. Add pineapple mixture. Bring to a boil, stirring occasionally. Serve over rice.

Details

Yield

6 servings

Serving size

½ cup

Nutrients per serving before rice

- Calories: 433
- Carbohydrates: 67 mg
- Protein: 21 g
- Fat: 9 g
- Sodium: 157 mg
- Potassium: 427 mg
- Phosphorus: 192