



Sweet and Sour Chicken Stir-Fry

This sweet and sour chicken stir-fry recipe is a version of the Asian-style favorite that includes carrots, bell pepper, garlic, and pineapple. The requisite soy sauce and vinegar add the sour to the sweet!

Submitted by **VINEYIS** |

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Servings: 4

Ingredients

- 2 tablespoons vegetable oil
- 1 pound skinless, boneless chicken breast meat - cubed
- 1 cup carrot strips
- ½ cup sliced green bell pepper
- ½ cup sliced red bell pepper
- 1 clove garlic, minced
- ¼ cup low sodium soy sauce
- 1 tablespoon cornstarch
- 1 (8 ounce) can pineapple chunks, juice reserved
- 1 tablespoon vinegar
- 1 tablespoon brown sugar
- ½ teaspoon ground ginger

Directions

Step 1

Heat oil in a wok or large skillet over medium-high heat. Add chicken and stir-fry in hot oil until browned. Add carrots, bell peppers, and garlic; cook and stir for 1 to 2 minutes.

Step 2

Mix soy sauce and cornstarch together in a small bowl until well combined; pour mixture into the wok or skillet. Stir in pineapple with juice, vinegar, brown sugar, and ginger. Bring to a full boil and cook

until vegetables are tender and sauce is thickened.

Cook's Note

Serve over hot cooked rice, if desired.

Nutrition Facts

Per serving: 259 calories; total fat 9g; saturated fat 2g; cholesterol 59mg; sodium 603mg; total carbohydrate 20g; dietary fiber 2g; total sugars 14g; protein 24g; vitamin c 31mg; calcium 37mg; iron 1mg; potassium 394mg