

Sweet and Sour Chicken

Ingredients

- 1 can (8 ounces) unsweetened **pineapple chunks**
- 1 pound skinless, boneless **chicken breast**, cut into 1-inch pieces
- 1 cup low-sodium **chicken broth**
- ¼ cup **rice wine vinegar**
- ¼ cup packed **brown sugar**
- 2 Tablespoons low-sodium **soy sauce**

- 1 clove **garlic**, minced, or ¼ teaspoon garlic powder
- 1 cup sliced **celery**
- 1 medium **onion**, cut in eighths
- 1 **green bell pepper**, sliced into strips
- 1 large **carrot**, sliced diagonally ¼" thick
- 3 Tablespoons **cornstarch**
- ¼ cup cold **water**

Directions

1. Wash hands with soap and water.
2. Drain pineapple and reserve juice.
3. Place chicken in a large skillet on low heat (250 degrees F in an electric skillet).
4. Add reserved pineapple juice, chicken broth, vinegar, brown sugar, soy sauce and garlic. Cover and simmer for 10 minutes or until chicken is no longer pink when cut.
5. Add vegetables and pineapple. Cook until vegetables are crisp-tender, about 5 minutes.
6. In a small bowl combine cornstarch with water and stir until smooth. Slowly pour into hot mixture, stirring constantly until thickened, about 1 minute.
7. Refrigerate leftovers within 2 hours.

