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.

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