



Lifestyle Wellness Academy

NUTRITION PER SERVING:

CALORIES	221
PROTEIN	23 G
CARBOHYDRATE	21 G
TOTAL FAT	6 G

PREP TIME:	15 MINUTES
COOK TIME:	15 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	3 OZ CHICKEN, 1 C VEGETABLES

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