



Recipe of the Month – January 2014

Sweet and Sour Rice Dinner

Serves 5

Serving Size: $\frac{2}{3}$ cup rice and 1 $\frac{1}{4}$ cup topping



Make MyPlate Your Plate

Ingredients

Main dish

- 16 ounces **chicken**
- 16 ounces frozen **stir-fry vegetables** (1 large bag)
- 1 tsp **vegetable oil**
- 2 cups instant uncooked **brown rice**
- $\frac{1}{4}$ cup **sweet and sour sauce** (use prepared sauce or make your own – see below)
- 8 ounces **pineapple chunks** with juice

Homemade sweet and sour sauce – mix sugar and cornstarch in small bowl, add other ingredients

- $\frac{1}{4}$ cup **sugar**
- 1 tbsp cornstarch
- $\frac{1}{4}$ cup water
- 1 $\frac{1}{2}$ tbsp **reduced sodium soy sauce**
- 2 tbsp vinegar
- 1 tsp ketchup

Directions

1. Cut chicken into $\frac{3}{4}$ inch pieces
2. Remove stir-fry vegetables from freezer to thaw
3. Heat oil in a large skillet over medium heat
4. When oil is hot, add chicken and cook until done
5. Remove chicken to a bowl and set aside
6. Heat water for rice to boiling
7. Once boiling, add rice and cook according to the package directions
8. Return skillet (used to cook chicken) to stove over medium heat
9. Add sweet and sour sauce
10. Stir in the pineapple chunks (undrained)
11. Add the vegetables and chicken
12. Reduce to medium-low heat for 5 minutes
13. Serve chicken and veggie mixture on top of your cooked rice

NUTRITION FACTS PER SERVING: Calories 340, Total Fat 4.5g , Saturated Fat 0.5g, Cholesterol 60mg, Sodium 320mg, Total Carbohydrate 48g, Dietary Fiber 4g, Sugars 14g, Protein 24g , Vit A 15%, Vit C 40%, Calcium 4%, Iron 6%