

Sweet and Sour Chicken



Where service *and savings* matter.

SERVINGS: 8 servings

NUTRITIONALS

Nutritional analysis per serving:
calories 340, calories from fat 30, total fat 3.5g, saturated fat 1g, trans fat 0g, cholesterol 65mg, sodium 370mg, total carbohydrate 51g, dietary fiber 4g, sugars 34g, protein 27g, vitamin A 100%, vitamin C 130%, calcium 6%, iron 10% IS2009

INGREDIENTS:

- 24 baby carrots, left whole
- 8 (4 oz) skinless, boneless chicken breast (still frozen is fine)
- 1 can (8 oz) pineapple tidbits, in its own juice, drained (reserve juice for another use)
- 1 bag (16 oz) frozen pepper stir-fry (green, red, yellow bell red bell peppers and onions)
- 2 jars (10 oz each) LaChoy Sweet and Sour Sauce
- ¾ cup Uncle Ben's whole-grain instant brown rice, dry
- 1/3 cup water
- 1 head broccoli, cleaned and cut into florets
- 1 tsp fresh grated ginger root

FOLD

DIRECTIONS:

4 to 9 hours before serving:

1. Put the carrots, chicken breast, pineapple, and pepper stir-fry in a slow cooker.
2. Pour the sweet and sour sauce over the ingredients. Cook on LOW 8 to 9 hours or on HIGH 4 to 5 hours.

10 minutes before serving:

3. Place the brown rice and water in a microwave-safe dish. Add the broccoli to the rice. Cover and microwave 9 minutes on HIGH.
4. Portion each plate with 1 cup of rice and broccoli, one chicken breast and ½ cup sauce with peppers and pineapple. Then sprinkle each portion with a "dusting" of fresh grated ginger root before serving.

***Tip:** Keep the peeled ginger root in the freezer at all times. It is always fresh and available, and grates easily. Return unused ginger root to freezer promptly.

Source: Lickety-Split Meals. www.zonya.com.

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