



# Sweet-and-Sour Chicken

Prep: 10 minutes | Cook: 15 minutes | Total: 25 minutes

Yield: 4 servings | Serving Size: ~2 cups

## Ingredients

- 1 pound (16 ounces) boneless skinless chicken breast, sliced into 1-inch strips
- ¼ teaspoon garlic powder
- ¼ teaspoon ground dried ginger (or 1 teaspoon fresh grated ginger)
- 1 tablespoon peanut, canola, or avocado oil
- ¼ cup white vinegar or rice vinegar
- 3 tablespoons reduced sodium (lite) soy sauce
- 2 tablespoons cornstarch
- 1 (20-ounce) can pineapple chunks, drained with ¼ cup juice reserved and set aside
- 2 (12-ounce) bags frozen stir-fry vegetables
- 2 (8-ounce) cans sliced water chestnuts, drained

## Directions

1. Sprinkle the chicken with the garlic powder and ginger. Toss to coat.
2. Heat a large skillet or sauté pan over medium heat.
3. Add the oil and heat until shimmering.
4. Add the chicken to the pan and cook, stirring often, until no longer pink, about 5-7 minutes. Remove the cooked chicken from the pan and cover with foil. Set aside.
5. Return the pan back to the stovetop and increase the heat to medium-high.
6. While the pan is heating, add the vinegar, soy sauce, cornstarch, and the reserved ¼ cup of pineapple juice to a small bowl and whisk together with a fork to make a sauce.
7. Add the pineapple chunks, stir-fry vegetables, water chestnuts, and sauce mixture to the pan.
8. Cook, stirring often, until warmed through and the sauce is thickened, about 5-7 minutes.
9. Add the chicken back to the pan and toss to coat with the sauce.
10. Serve warm, on its own or over a cooked grain, if desired.

**Nutrition Facts Per Serving: Calories: 320 | Total Fat: 6.5 g | Saturated Fat: 0.5 g  
Sodium: 460 mg | Total Carbohydrate: 38 g | Dietary Fiber: 7 g | Protein: 28 g**

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