



Sweet and Sour Chicken with Pineapple and Red Onion

Recipe Source: www.melskitchencafe.com

Serves 4-6

Ingredients:

For the sauce:

3 Tbsp red wine vinegar
1 ½ Tbsp tomato sauce
2 Tbsp pineapple juice or orange juice
¼ tsp salt

1 Tbsp soy sauce
1 Tbsp rice vinegar
2 Tbsp canola oil
1 medium red onion, peeled and cut into thin strips
1 (20 oz) can pineapple tidbits, drained (reserve juice)
3 medium green onions, green parts cut into ¼-inch lengths and white parts minced
1 Tbsp minced garlic
1 Tbsp minced fresh ginger

For the chicken:

¾ lb boneless, skinless chicken breast, cut into uniform pieces

Steps:

- For the sauce, combine all ingredients in a small bowl and set aside.
- Toss the chicken with the soy sauce and vinegar in a medium bowl. Set aside for 15 minutes, tossing once or twice.
- Heat a 12-inch skillet over high heat for 3-4 minutes. Add 1 Tbsp oil and swirl it so the oil evenly coats the bottom of the pan. Heat the oil until it just starts to shimmer and smoke.
- Drain the chicken and add it to the pan. Stir-fry until seared and just cooked, 2-3 minutes. Scrape the chicken and all the liquid into a bowl. Keep warm.
- Let the pan come back up to temperature, 1-2 minutes. When hot, drizzle in 2 tsp oil. When the oil just starts to smoke, add the onions and stir-fry until just tender crisp, 1-2 minutes. Add the pineapple and cook 1 minute. Add the scallion greens and cook 15-30 seconds.
- Clear the center of the pan and add the white parts of the scallions, garlic, and ginger. Drizzle with ½ tsp oil. Mash into the pan with the back of a spatula. Cook until fragrant but not colored, 10 seconds. Remove the pan from heat and stir the scallions, garlic, and ginger into the vegetables for 20 seconds.
- Return the pan to the heat and add the cooked chicken. Stir in the sauce and stir-fry until the ingredients are well-coated with sauce and sizzling hot, about 1 minute. Serve immediately over hot cooked brown rice.

Nutritional Facts: per serving Calories: 168, Carbohydrates: 16 grams, Protein: 13 grams, Total Fat: 6 grams, Saturated Fat: 1 grams, Cholesterol: 41 mg, Sodium: 248 mg, Fiber: 1 grams, Total Sugars: 12 grams.