

# Try it “Tuesdays”

## Sweet & Sour Rice Dinner

Makes: 5 servings—2/3 cup rice and 1 1/4 cup topping

### Ingredients

16 ounces chicken (skinless, boneless)  
1 bag (16-ounce) frozen stir-fry veggies  
1 teaspoon vegetable oil  
2 cups instant uncooked brown rice  
1/4 cup sweet and sour sauce  
(make your own or use prepared sauce)\*  
1 can (8-ounce) pineapple chunks with juice

### Sauce

1/4 cup sugar  
1 tablespoon cornstarch  
1/4 cup water  
1 1/2 tablespoons reduced sodium soy sauce  
2 tablespoons vinegar  
1 teaspoon ketchup

### Directions

Cut chicken into 3/4 inch pieces. Wash your hands thoroughly. Remove stir-fry veggies from freezer to thaw. Heat oil in skillet over medium heat. When oil is hot, add chicken and cook until done. Remove chicken to a bowl and set aside. Set frying pan aside. Heat water for rice to boiling. Add rice. Let rice cook according to the package directions. Return skillet (used to cook chicken) to the stove. Add sauce ingredients from below\*. Cook over medium high heat. Bring to a boil, stirring constantly, or add the prepared sweet and sour sauce. Stir in the pineapple (undrained), vegetables, and chicken. Reduce heat to medium low. Cook about 5 minutes. Serve chicken and veggie mixture on top of the rice. \*Sweet and sour sauce: Mix the sugar and cornstarch in a small bowl. Stir in water, soy sauce, vinegar, and ketchup. Set aside.



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