

Sweet-and-Sour Stir-Fried Chicken

Yield: Serves 4

Time Required: 30 minutes

Stir-fry recipes take only minutes to cook but can take up to an hour to prepare. Our Sweet-and-Sour Stir-Fried Chicken cooks up quickly and uses convenient precut or frozen vegetables to minimize prep time. The recipe becomes a one-dish meal when served over steamed rice.



INGREDIENTS

6 tablespoons red wine vinegar
1 (20-ounce) can pineapple chunks in juice,
drained, 6 tablespoons juice reserved
6 tablespoons sugar
3 tablespoons ketchup
1 tablespoon cornstarch
3 tablespoons vegetable oil
4 boneless, skinless chicken breasts (about 1 1/2
pounds), cut crosswise into 1/2-inch-thick slices
1 pound salad bar vegetables, cut into bite-sized
pieces
3 cloves minced garlic
1 tablespoon grated fresh ginger
Hot Cooked Rice (serving suggestion)



INSTRUCTIONS

Whisk vinegar, reserved pineapple juice, sugar, ketchup, and cornstarch in bowl.
(Wisk again just before adding, in case cornstarch settles to the bottom.)

Heat 1 tablespoon oil in large nonstick skillet over medium-high heat until just smoking.
Add chicken and cook, stirring often, until no longer pink, about 3 minutes. Transfer to
plate.

Add remaining oil and vegetables to now-empty skillet and cook until softened, 4 to 6
minutes. Add pineapple chunks, garlic, and ginger and cook until fragrant, about 1
minute. Add vinegar mixture and chicken along with any accumulated juices to skillet
and simmer until sauce thickens, about 2 minutes. Serve with rice.

Serve with extra soy sauce or with hot sauce.