



Sweet & Sour Chicken

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This 20-minute takeout alternative is full of veggies and great for meal-prep lunches. (yield: 4 servings)

Ingredients:

- 1/4 c. no-salt-added ketchup
- 1/4 c. pineapple juice
- 3 Tbsp. reduced-sodium soy sauce
- 1 Tbsp. rice vinegar
- 2 tsp. honey
- 1/4 tsp. salt
- 1/2 tsp. ground pepper
- 2 Tbsp. toasted sesame oil, divided
- 1 lb. boneless, skinless chicken breasts, cut into bite-size pieces
- 8 oz. small broccoli florets
- 2 c. chopped red bell pepper
- 1 c. diagonally sliced scallions (1-inch)
- 3 c. cooked brown rice (if desired)

1. Whisk ketchup, pineapple juice, soy sauce, vinegar, honey, salt, and pepper in a small bowl.
2. Heat 1 Tbsp. oil in a large skillet over high heat. Add chicken and cook, turning occasionally, until browned on all sides, 4 - 5 minutes. Transfer to a plate.
3. Wipe the pan clean; return to high heat and add the remaining 1 Tbsp. oil. Add broccoli and bell pepper; cook until charred, about 5 minutes. Add scallions and cook for 1 minute. Return the chicken to the pan and add the ketchup mixture. Cook until bubbly and the sauce coats the chicken. Serve in shallow bowls over rice.



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Recipe from: [EatingWell.com](https://www.eatingwell.com)