

SWEET AND SOUR CHICKEN

1 pound boneless, skinless chicken breast, trimmed and cubed
3/4 cup chicken broth
1/4 cup catsup
1/4 cup sugar
1/4 cup vinegar
1 Tbsp. soy sauce
1/2 cup green pepper, 1/2" dice
1 cup pineapple chunks, drained
3 Tbsp. Ultra Gel
4 1/2 cup cooked brown rice

Put cubed chicken into cold, non-stick frying pan (Swiss Diamond) and cook, uncovered on a medium heat until lightly browned on all sides. (if chicken seems to be sticky, wait a few minutes before moving it) Add chicken broth, catsup, sugar, vinegar soy sauce, green pepper, and pineapple chunks. Stir in Ultra Gel thickener with whisk. Gook for 2-3 min. to thicken. Cook rice (Brown rice takes about 45 to 50 min. so you may want to start cooking it first. Let chicken stand 5 min. before serving or packaging. Makes 6 servings.

Nutritional Information per serving

369 calories, 2.1 gr. fat, .6 gram saturated fat, 44 mg. cholesterol, 5.1 % calories from fat.

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