

Sweet and Sour Chicken

Ingredients:

- ¼ cups no-salt-added ketchup
- ¼ cup pineapple juice
- 3 tablespoons reduced-sodium soy sauce
- ¼ teaspoon salt
- ½ teaspoon ground pepper
- 1 tablespoon avocado oil
- 1 pound boneless, skinless chicken breasts, cut into bite-size pieces
- 8 ounces small broccoli florets
- 2 cups chopped red bell pepper
- 1 cup diagonally sliced scallions (1-inch)
- 3 cups cooked brown rice

Directions

1. Whisk ketchup, pineapple juice, soy sauce, salt and pepper in a small bowl.
2. Heat 1 tablespoon oil in a large skillet over high heat. Add chicken and cook, turning occasionally, until browned on all sides, 4 to 5 minutes. Transfer to plate.
3. Wipe the pan clean; return to high heat and add the 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.

Makes 4 servings



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