



Jamie's Sweet and Sour Chicken Recipe

Ingredients

24 oz. (3-4) chicken breasts
2 tsp garlic salt
1/2 tsp black pepper
1/2 cup low-sodium chicken broth
1/2 cup white vinegar
1/2 cup no-calorie sweetener (xylitol, Splenda)
1 tbsp low-sodium soy sauce
3 tbsp low-sugar ketchup
Arrowroot*
Cooked brown rice and veggies, for presentation

Utensils

Kitchen shears
Large bowl
Medium sauce pan
Whisk
Measuring cups
Measuring spoons
1 small bowl to add the arrowroot slowly
Large spoon
Plate for presentation

Directions

1. Cut chicken into bite-sized pieces and place in a large bowl.
2. Season the chicken with the garlic salt and pepper, turning to coat.
3. Cook the chicken over medium/high heat until done (no pink centers).
4. Meanwhile, whisk together chicken broth, vinegar, sweetener, soy sauce, and ketchup in a medium sauce pan.
5. Bring sauce to a boil and then turn to low heat. Add the arrowroot a little at a time, whisking briskly.
6. Let the sauce set up by continuing to stir for about two minutes.

7. Pour sauce over cooked chicken and serve with brown rice and vegetables.

Nutrition

Makes 4 servings

Calories: 186

Fat: 5 g

Carbs: 1 g

Protein: 33 g

Recipe Notes:

1. Make sure to cut and prep your chicken before you start adding the spices. Cut the chicken into bite-sized pieces, remove any excess fat, and wash if needed.
2. Coat the chicken evenly to share the spices all over the meat. While the chicken cooks, you can start your sauce. The timing should be about perfect.

*Arrowroot is a white powder in the spice section of your grocery store. For this recipe, we use it to thicken your sweet and sour sauce. It's more digestible and friendly on your tummy than corn starch. You can use it for gravy or pudding. I've never had any issues with it. Years ago, arrowroot was used to wean babies off of breast milk. Add it to your mixture a little at a time and stir well.