

Saint Paul Public Schools'

Thai Sweet & Sour Chicken

This recipe was originally provided to us by Anna Fieser at True Thai Restaurant. While it is a peanut-free dish, it captures all of the wonderful flavors of authentic Thai cuisine. Try it at home with your family.

YIELD

4 servings: ½ cup sweet & sour chicken, ½ cup brown rice



INGREDIENTS

- 1 cup water
- 1/2 cup catsup
- 1/4 cup brown sugar
- 3/8 cup orange juice concentrate
- 1/8 cup vinegar
- 1 1/2 tablespoons low-sodium soy sauce
- 2 tablespoons vegetable oil
- 1/2 teaspoon ground ginger
- 1 tablespoon cornstarch
- 1/2 cup cold water
- 6 ounces diced cooked chicken
- 1/2 cup pineapple tidbits
- 1/4 cup frozen broccoli florets
- 1/4 cup frozen carrot coins
- 1/4 cup diced red pepper
- 4 cups cooked brown rice

DIRECTIONS

- Combine water, catsup, brown sugar, orange juice concentrate, vinegar, soy sauce, vegetable oil, and ginger in a saucepan; bring to a boil, stirring to combine
- Combine the cornstarch and cold water in a small bowl and combine completely
- Add cornstarch mixture to saucepan and whisk until sauce is thick; remove from heat
- Combine the sauce with the chicken, pineapple, broccoli, carrots, and red pepper in a casserole dish
- Cover and bake at 350 degrees for 20-30 minutes or until hot throughout
- Serve over cooked brown rice

NUTRITIONAL INFORMATION PER 1 SERVING

CALORIES 328

TOTAL FAT 9.05 g

CARBS 46 g

SODIUM 437 mg

CHOLESTEROL 39 mg

FIBER 3.07g



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