

Sweet and Sour Chicken

Ingredients:

- 1 tablespoon olive oil
- 1 tablespoon bottled minced garlic
- 1 teaspoon ground fresh ginger
- 1/4 teaspoon crushed red pepper
- 1 1/2 pounds skinless, boneless chicken breast, cut into 1/2-inch pieces
- 3/4 cup chopped onion
- 1/2 cup chopped celery
- 1/2 cup chopped red bell pepper
- 1 (15 1/4-ounce) can pineapple chunks in juice
- 1/3 cup reduced-sodium soy sauce
- 2 tablespoons dry sherry
- 1 1/2 tablespoons cornstarch
- 2 teaspoons brown sugar
- 1/4 cup dry-roasted chopped cashews

Directions:

1. Heat oil in a large nonstick skillet over medium-high heat.
2. Add garlic, ginger, red pepper, and chicken to pan; sauté 5 minutes or until chicken is done. Remove chicken mixture from pan; set aside.
3. Add onion, celery, and bell pepper to pan, and sauté 4 minutes or until crisp-tender. Drain pineapple, reserving 1/2 cup juice. Add 1 cup pineapple chunks to pan; cook 30 seconds.
4. Reserve remaining pineapple for another use. Combine the reserved 1/2 cup juice, soy sauce, sherry, cornstarch, and sugar in a bowl, stirring with a whisk until smooth.
5. Return chicken mixture to pan. Stir in juice mixture; bring to boil. Cook 1 minute. Sprinkle with cashew

Yield: 4 Servings