

Sweet and Sour Chicken

Ingredients

- 2-1/2 cups broccoli
- 2 cups cabbage
- 1/4 cup shredded carrots
- 11 oz breaded chicken nuggets
- 1/3 cup sweet and sour sauce
- 1/2 tbsp cornstarch
- 1/4 tbsp water

Notes

Number of Portions: 4

Serving Size: 3/4 cup

Nutrition Facts: 283 calories, 15.29 g fat, 3.7 g saturated fat, 531 mg sodium, 25.63 g carbohydrate, 3.48 g fiber, 6.8 g sugar, 11.89 g protein

Directions

1. Wash broccoli and cut into florets. Wash cabbage and julienne. Mix together broccoli, cabbage, and shredded carrots. Sauté for 3 minutes.
2. Place chicken onto baking sheets lined with parchment paper and place in a 350° F oven for 15 minutes or until internal temperature reaches 165° F.
3. In a large pot, heat sweet and sour sauce to a boil. Mix together cornstarch and water into a slurry. Add to sauce, stirring constantly.
4. Mix together vegetables and chicken. Pour sweet and sour sauce on top and stir to combine.