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Sweet-and-Sour Chicken

- 1 Bag (12 oz) frozen vegetable stir-fry
- 1 Tbsp peanut oil or vegetable oil
- 1 Tbsp ginger, minced
- 1 Tbsp garlic, minced (about 2–3 cloves)
- 1 Tbsp fresh scallions (green onions), minced
- 2 Tbsp rice vinegar
- 1 Tbsp Asian hot chili sauce
- 2 Tbsp brown sugar
- 1 Tbsp cornstarch
- 1 Cup low-sodium chicken broth
- 12 Oz boneless, skinless chicken breast, cut into thin strips
- 1 Tbsp lite soy sauce

- 1) Thaw frozen vegetables in the microwave (or place entire bag in a bowl of hot water for about 10 minutes). Set aside until step 6.
- 2) Heat oil in a large wok or sauté pan on medium heat. Add ginger, garlic, and scallions, and stir fry until cooked, but not brown, about 2–3 minutes.
- 3) Add the rice vinegar, chili sauce, and brown sugar to the pan, and bring to a simmer.
- 4) In a bowl, mix cornstarch with chicken broth, and add to the pan. Bring to a boil over high heat, stirring constantly. Lower temperature to a gentle simmer.
- 5) Add chicken, and stir continually for 5–8 minutes.
- 6) Add vegetables, and mix gently. Simmer with lid on to reheat, about 2 minutes.
- 7) Add soy sauce, and mix gently.
- 8) Divide into four even portions, and serve.

Makes 4 Servings