



Sweet & Sour chicken is one of my daughter's favorite Chinese dishes, so I thought it would be good to come up with a little healthier version than what you get at the restaurants. Here is a version of it from *Cooking Light* that fits the bill nicely.

## Sweet & Sour Chicken

### Ingredients:

2 large egg whites  
4 tsp cornstarch, divided  
1 lb boneless skinless chicken, cubed 1"  
6 Tbsp. ketchup  
¼ C water  
3 Tbsp cider vinegar  
2 Tbsp brown sugar  
1 ½ Tbsp low sodium soy sauce  
2 Tbsp canola oil, divided  
1 red bell pepper cut into 1" pcs.  
1 ½ C fresh pineapple chunks  
2 tsp grated fresh ginger  
3 green onions cut into 1" pcs  
3/8 tsp kosher salt

Combine egg whites and 1 Tbsp cornstarch in large bowl, stirring with a whisk. Add chicken to bowl, toss to coat. Combine remaining 1 tsp starch, ketchup, and next 4 ingredients in a bowl, stirring with a whisk. Heat a large nonstick skillet over medium high heat. Add 1 Tbsp of oil to pan, swirl to coat. Add bell pepper to pan and cook 2 minutes, stirring frequently. Add pineapple, ginger and onions to pan. Cook 2 minutes stirring occasionally. Transfer Bell pepper mixture to a plate.

Add remaining 1 Tbsp oil to pan. Add chicken mixture, allowing any excess egg white mixture to drop back into bowl. Stir-fry 6 minutes or until chicken is browned and done. Add ketchup mixture and bell pepper mixture to pan. Bring to simmer, simmer 1 minute or until slightly thickened. Sprinkle with salt and serve immediately.

Makes 4 - 1 cup servings.

Calories 324  
Fat 10.2 g  
Protein 27 g  
Carbs 30 g  
Fiber 2 g  
Sodium 561 mg