

Sweet and Sour Chicken

Yield: 4 Servings **Author:** Lauren

Prep time: 5 M Cook time: 25 M Total time: 30 M

This skinny take on sweet and sour chicken will have you ditching carryout and enjoying a healthier dish that is still flavorful and delicious!

INGREDIENTS:

- 2 lbs Chicken Breast
- 1 can Pineapple Juice (6 oz)
- 2 Tbsp Brown Sugar
- 3 Tbsp Ketchup
- 1 Tbsp Soy Sauce
- 2 Tbsp Corn Starch
- 1 tsp Honey
- 1/2 tsp Minced Garlic
- 1/4 tsp Red Pepper Flakes
- 1/8 tsp Ginger

INSTRUCTIONS:

1. Cut the chicken breasts into bite size pieces
2. Spray a nonstick skillet with cooking spray and add chicken in. Cook over medium heat
3. Add 1 Tbsp of corn starch to the raw chicken and mix as it cooks
4. While the chicken is cooking, in a separate bowl mix the pineapple juice and remaining tablespoon of corn starch until corn starch is mixed in
5. Stir in the brown sugar, soy sauce, ketchup, garlic, and ginger and the sauce aside
6. When the chicken is cooked through, pour the sauce over the chicken and cook on medium heat until the sauce bubbles
7. Once bubbling, reduce the heat to low and cook for 8 more minutes, string the chicken and sauce scraping the bottom to insure the sauce isn't burning to the bottom
8. With 4 minutes left on the chicken, Add in the honey and stir to incorporate it.
9. Cook the riced cauliflower in the microwave after adding the honey to the mix
10. After 8 minutes the sauce should be thick
11. Divide the chicken evenly over the riced cauliflower and enjoy