



# SWEET & SOUR CHICKEN

Sweet And Savory With A Sour Kick... Just Like Me, Without Coffee

Sweet & sour chicken is a staple at Chinese take out places across the country. Crispy, tangy, sweet and savory, with big chunks of crispy chicken, bell peppers, onions and pineapple. It's usually battered chicken fried in oil, mine is breaded and baked, then dressed in a sugar free sweet & sour sauce. It's a lot lower in calories, sugar and fat than any restaurant version.

## Servings Info.:

Yields: 9 cups  
 Servings: 6  
 Serving Size: 1.5 cups



- last checked 11/29/22 -  
 Use your mobile device's 'Camera' App to look at this code for nutritional info.

## Ingredients:

### Chicken:

- 1-1/4 pounds boneless skinless chicken breast, or chicken breast tenderloins, cut into bite sized chunks.
- 1/4 tsp baking soda, mixed with 1 Tbsp water
- 1 batch of my 'low point breading,' recipe on pg. 118.

### Sweet & Sour Sauce / Glaze:

- 3/4 cup + 2 Tbsp water
- 3/4 cup rice vinegar
- 3/4 cup 0 calorie sugar replacement o' choice
- 2 Tbsp tomato sauce
- 1 Tbsp garlic, chopped or minced
- 1 Tbsp ginger, finely chopped or minced
- 2 Tbsp cornstarch, dissolved in 2 Tbsp water

### Additional Ingredients:

- 1 jumbo onion (or 2 large onions), diced, roughly 1" pieces.
- 1 large red bell pepper (or 2 medium), cut into 1" pieces.
- 1 large green bell pepper (or 2 medium), cut into 1" pieces.
- 2 cups fresh pineapple, cut into bite sized pieces
- 1 green onion, thin sliced at an angle, for garnish.

## Directions:

1. Place the chicken breast pieces into a large bowl. Mix together with the baking soda solution. Set aside for 20-30 minutes.
2. Line 2 large oven sheet pans with foil. Spray with cooking spray, set aside.



3. (A) Heat a pan over medium heat for 1 minute, then add all breading ingredients. Toast for 3-4 minutes, or until the crumbs are a nice, uniform, golden color. Remove from pan and set aside, letting the crumbs cool to room temperature. (B) Place the whisked 'egg wash into the bowl with the chicken, mix to combine. (C) Place the toasted crumbs in a bowl, then place the chicken chunks, ONE AT A TIME, into the crumbs. Use a fork to lightly coat each chunk with the breading. (D) Place the lightly breaded chicken pieces onto 2 large baking pans, covered with foil and sprayed with a light coat of cooking spray. (E) Pre-Heat oven to 425 degrees.

4. Combine all of the sauce ingredients in a small sauce pot stir to combine, then bring to a boil. Boil for 3-4 minutes, till it thickens, then set aside.
5. Put the breaded chicken into the preheated oven. Bake at 425 degrees for 15 minutes. Remove from oven, flip the pieces, then bake for 4 more minutes. Remove from oven, set aside. It's ok, you want the chicken to cool a little..



6. (A) Heat a large pan for 1 minute over medium-high heat. Spray with cooking spray, then add the bell peppers and onion. Cook for 4-5 minutes, (B) then reduce heat to medium and add pineapple chunks. Cook for 3-4 minutes, till pineapple starts to slightly caramelize. (C) Add the cooked chicken and sauce to the pan. (D) Gently toss till all ingredients are coated in thick sauce. Garnish with thin sliced green onions. Done.

#### NOTES & SUGGESTIONS:

- **CRISPINESS:** Though this is a good, healthy alternative to restaurant style deep fried chicken breast pieces, the breading on this chicken WILL lose its crispness after being coated with the sauce for a few minutes. Just like chicken Parmesan. Once your breaded chicken begins to absorb the sauce, it will eventually lose its crunchy exterior. For this dish, toss all of the ingredients together right before serving to ensure the crisp texture lasts for as long as possible.
- **POINTS:** The regular "Sweet & Sour Chicken" entree at Panda Express is 13 points per serving. Mine, is 1-2, depending on which plan you're on. This is a great example of how once you figure out the basics of hacking recipes using the builder... it will make your head spin. You can make a healthier, low point version of almost anything you miss eating.
- **BREAD CRUMBS INSTEAD OF RICE KRISPIES:** If you have access to 1 point per slice bread, instead of using my 'breading 2.0' recipe, for the crumbs... you can make a batch of my low point bread crumbs, from pg. 16. It makes enough real breadcrumbs to double-bread all the chicken for the same points. You'll just need an extra egg or two for the egg wash. But, the chicken will be CRAZY crunchy.
- **SWEETENER:** For dishes like this that use a lot of 0 point sweetener, instead of sugar, I personally prefer to use Lakanto monkfruit, though it's a bit pricier. You can also use Stevia, Truvia, Splenda, or others, depending on your dietary restrictions. However, take note that some sweeteners do add points after certain amounts are used.
- **SPICY VERSION:** This sauce is my Sweet & Sour sauce, from the Condiments & Dips section. If you want to make a spicy Thai variation, add 1 Tbsp soy sauce, 3 tsp red pepper flakes and 1 Tbsp sugar free peach preserves/jam. You'll have essentially turned this sauce into a double batch of my Thai Sweet Chili sauce.

