



SWEET FIRE CHICKEN

This Dish Combines Crunchy Breaded Chicken With A Sweet & Spicy Pineapple Sauce

My favorite entree at Panda is Sweet Fire Chicken. It's similar to their crispy orange chicken, except instead of orange, it's a pineapple glaze, with chunks of pineapple, onions, red chilis, and red and green bell peppers. It's sweet, spicy and saucy, just like me. In order to "skinny" the dish, I decided rather than deep frying the chicken, we're breading and baking the chicken, till crispy.

Servings Info.:

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



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- last checked 11/30/22 -
 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, dissolved into 1 Tbsp water
- 1 batch of my 'low point breading', recipe on pg. 118.

Sweet & Spicy Pineapple Sauce & Glaze:

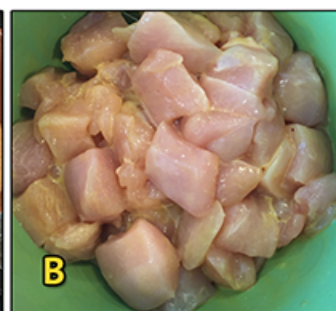
- 1/2 cup pineapple juice (see additional ingredients).
- 3 Tbsp reduced sodium soy sauce
- 4 Tbsp 0 calorie sugar replacement o' choice
- 2 medium garlic cloves, minced
- 1 tsp ginger root, finely chopped/minced
- 3/4 to 1 tsp red pepper flakes (or more, to taste).
- 1 Tbsp cornstarch, dissolved in 2 Tbsp water.
- 1 Tbsp PLUS 1 tsp sugar free syrup (pancake syrup)
- 1/4 tsp black pepper

Additional Ingredients:

- 1 jumbo onion
- 1 large red bell pepper (or 2 medium)
- 1 large green bell pepper (or 2 medium)
- 2 cups fresh pineapple, cut into bite sized chunks.
- 1 tsp sesame seeds, toasted, for garnish.
- 2 green onions, thin sliced at an angle, for garnish.

Directions:

1. In a bowl, mix together the chicken breast chunks with the baking soda solution. Set aside for 20 mins.
2. Mix all of the Sauce ingredients together in a bowl, till well combined. 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, uniformly golden color. Remove from pan and set aside, letting the crumbs cool to room temperature. (B) Place the whisked eggs into the bowl with the chicken pieces, 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. Bake the chicken for 14 minutes. Remove from oven, flip the pieces, then bake for 4-5 more minutes. Remove chicken from the oven, then set it aside.



5. (A) Heat a large pan for 1 minute over med-high heat. Spray with cooking spray, then add bell peppers and onions. Crank the heat up to High and cook for 4 minutes. (B) After 4 minutes on High, add the sauce and pineapple to the pan, toss to combine. Continue cooking for 2-3 more minutes, or until the sauce thickens. (C) Gently fold in the baked chicken pieces. (D) Toss/fold until well combined and coated in thick sauce. Done. Serve immediately. Garnish with sliced green onions and sesame seeds.

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 the chicken into the hot sauce and vegetables right before serving to ensure the crisp texture lasts for as long as possible.
- **SPICINESS:** Feel free to add more red pepper flakes, or even to toss in some dried asian chilis, to make this dish as spicy as you'd like. Your goal is for a sweet and spicy sauce. But you should definitely have a little spicy kick.
- **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.
- **PINEAPPLE:** You can use either fresh or canned pineapple. However, if you use canned chunked pineapple, the dish will 100% not taste as good. Trust me, I've made it both ways to try it out. If available, use fresh pineapple, it makes a huuuuuge difference. Canned pineapple is soggy and squishy, but it's definitely convenient and cheap. So, you do you.
- **PINEAPPLE JUICE:** Here's one where you get to pick your poison, so to speak. Well.. unless you're on the diabetic plan, then yeah... pineapple juice pretty much is lol. You can choose to buy a can o' pineapple 'in pineapple juice' and simply use 1/2 cup of that liquid. Or, buy a bottle o' pineapple juice. Either way, 1/2 cup is 3 points.

