

Sweet and Sour Chicken

- 2 large eggs white
- 4 tsp. cornstarch, divided
- 1 pound, skinless, boneless, chicken breasts, cut into 1-inch pieces
- 1/4 cup plus 2 Tbs ketchup
- 1/4 cup water
- 3 Tbs apple cider vinegar
- 2 Tbs brown sugar
- 1 1/2 Tbs soy sauce
- 2 Tbs canola oil or vegetable oil, divided
- 1 red bell pepper, seeded and chopped
- 2 cups fresh pineapple chunks
- 1 tsp. ground ginger
- 2 green onions, chopped small

Whisk egg whites and 1 tablespoon of cornstarch in a large bowl. Add chicken and toss to coat. Set aside. In another medium-sized bowl, combine remaining 1 teaspoon cornstarch, ketchup, water, apple cider vinegar, brown sugar, and soy sauce. Heat a large skillet over medium-high heat. Add 1 tablespoon oil to the skillet and swirl to coat. Add the red pepper and cook for 2 minutes, stirring frequently. Add pineapple, ground ginger, and onions to the pan and cook for 2 minutes. Transfer red pepper mixture to a bowl. Add remaining tablespoon of oil to the pan and add chicken (spooning chicken out from the bowl with a slotted spoon to rid the excess egg-white mixture). Stir-fry about 7 minutes or until chicken is browned and cooked through. Add both ketchup mixture and bell pepper mixture to pan. Cook for 1 to 2 minutes, until sauce slightly thickens. Serve immediately and enjoy!

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Be somebody that makes everyone feel like a somebody!"
- Anonymous