



Southern Sweet and Sour Chicken Bowl

A WINNING RECIPE FROM HALL COUNTY

YIELDS: 6 portions **PREP TIME:** 45 minutes **CATEGORY:** Entree

Ingredients:

6 cups	Cooked brown rice
4 tbsp	Canola oil
1 ½ lbs	Boneless, skinless chicken breast
1 tbsp	Cornstarch
½ tsp	Black pepper
1 tsp	Ground ginger
1 tsp	Granulated garlic
1 tsp	Granulated onion
3 cups	Cauliflower florets
½ cup	Vidalia onions, diced
8 ½ oz	Canned sliced peaches
¼ cup	White vinegar
1 tsp	Soy sauce (low sodium, gluten free)
1 tsp	Red chili flakes
¼ cup	Ketchup
4 tbsp	Brown sugar
¼ cup	Green onions, fresh, tops



TOOLS AND INFORMATION:

Measuring spoons, measuring cups, mixing bowls, whisk, cutting board, Chef's knife, large sauté pan, 2 qt sauce pot

SERVING INFORMATION:

Serve with 1 cup brown rice per portion.

Top rice with 6 oz of the Southern Sweet and Sour Chicken and garnish with sliced green onions.

Steps:

1. Preheat oven to 425 degrees F.
2. Cut raw chicken into 1/2" x 1/2" pieces. Roll chicken in cornstarch until coated. Shake off excess cornstarch to leave a light coat.
3. In a medium sized mixing bowl, mix ground ginger, granulated garlic, black pepper, and granulated onion.
4. Wash and dry cauliflower florets. Toss florets in 2 tbsp of canola oil and spice mixture. Spread evenly on baking pan lined with parchment paper. Roast in preheated oven for 15-20 minutes (or until brown).
5. Preheat large sauté pan over medium-high heat. Add 1 tbsp of canola oil and sauté chicken until golden brown and internal temperature reads 165 degrees F.
6. Separate peaches from juice, reserving the juice. Cut peaches into medium dices, 1/2" x 1/2".
7. Add 1 tbsp canola oil to a preheated 2 quart sauce pan over medium-high heat. Sauté the onion until fragrant and translucent.
8. Add peach juice, vinegar, soy sauce, red chili flakes, ketchup and brown sugar to the sauteed onions. Whisk sauce and heat until simmering and sugar is dissolved.
9. Add cooked chicken, diced peaches and roasted cauliflower to the pot with the sauce. Reduce heat to medium-low and simmer until sauce thickens, approximately 3 minutes.
10. Slice green onions on the bias into 1/8-inch slices. Set aside for garnish.

NUTRITION INFORMATION

SERVING: 1 portion

CALORIES: 464 kcals **CARBOHYDRATES:** 67 g

PROTEIN: 19 g **FAT:** 18 g **SATURATED FAT:** 2 g

CHOLESTEROL: 34 mg **SODIUM:** 157 mg

FIBER: 5 g **SUGAR:** 16g

VITAMIN A: 131 IU **VITAMIN C:** 27 mg

CALCIUM: 58 mg **IRON:** 2 mg