



Sweet and Sour Chicken

Yield - 50 4-ounce servings (approximately)

Ingredients

18# **diced cooked chicken pieces**
2 ½ qt vinegar
2 ½ cups catsup
3 lb sugar
1 No. 10 can pineapple tidbits, undrained
1 lb cornstarch
1Tbsp ground ginger
1 tsp garlic powder
2 lb diced, steamed carrots
2 lb frozen peas

How to Prepare

1. In large pot combine chicken, vinegar, catsup, sugar, and undrained pineapple tidbits.
2. In a small bowl, mix water, cornstarch, ground ginger, and 4 cups water garlic powder.
3. Pour cornstarch mixture slowly into chicken mixture, stirring constantly until thickened and clear.
4. Mix in steamed carrots and frozen peas.
5. Serve over rice or mashed potatoes.

Nutrition Information for each serving:

Calories = 175
Calories from fat = 36
Total Fat = 4.1g
Saturated Fat = 1.1g

Cholesterol = 48mg
Sodium = 104mg
Total Carbohydrate = 18g
Dietary Fiber = 0g

Sugar = 12g
Protein = 16g
Vitamin A = 166 RE
Vitamin C = 3mg

Calcium = 16mg
Iron = 16mg

Recipe provided by Diana Shirley, St. Augustine School, an independent source. (Note: This recipe has not been standardized or tested by USDA).

Recipe Category: Entrees
Key USDA Commodity: Chicken Meat, Cooked, Diced
Food Group: Meats and Meat Alternates
Fact Sheet Database: FD website: www.fns.usda.gov/facts/schfacts/cats.htm
E-mail Comments to: USDA/Food Distribution Division at: fdd-psb@fns.usda.gov