

# Sweet and Sour Chicken



1 1/2 lbs. boneless, skinless chicken breast,  
cut into 1-inch pieces  
1 red or yellow pepper, chopped  
1 green pepper, chopped  
1 onion, chopped  
1 can (15.25 oz.) fruit cocktail in juice or  
light syrup

1/4 cup cider vinegar  
1/4 cup lite soy sauce  
3 Tablespoons chili sauce  
2 cloves garlic minced  
2 cups cooked rice to serve

Instructions: Place chicken in a 4-quart slow cooker. Wash hands with soap and water. Top chicken with peppers and onion. Drain fruit cocktail, reserving the juice or syrup. Place the fruit in the refrigerator for later. In a small bowl, whisk reserved juice or syrup, vinegar, soy sauce, chili sauce and garlic. Pour over chicken and vegetables in the slow cooker. Cover and cook on low for 8-10 hours or on high for 4-4 1/2 hours. Stir in fruit cocktail. Serve over warm rice.

Yield: 6 servings

**Nutrition Facts** (per serving): 310 calories, 4 grams fat, 670 milligrams sodium, 38 grams carbohydrate, 3 grams fiber, 29 grams protein