



American
Heart
Association.

April

HOW SLEEP AFFECTS YOUR HEALTH

Most adults need 7 to 9 hours of sleep each night. Kids and teens need even more. Yet the average high school student gets only 6.5 hours per school night, and about 20% get 5 hours or less!



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Sweet and Sour Chicken

Ingredients

- 4 bell peppers, 1 each of red, yellow, green, and orange if possible, seeded and cut into 1-inch strips (about 5 cups)
- 1/8 teaspoon ground black pepper
- 4 teaspoons canola oil (divided)
- 1 1/4 pounds skinless, boneless, thinly sliced chicken breast (cut into 1-inch strips)
- 1/4 cup cider vinegar
- 4 teaspoons cornstarch (divided)
- 1 large egg white
- 1/2 cup pineapple juice + 1 cup pineapple chunks from 1

Directions

1. Halve each bell pepper lengthwise. Remove and discard the seeds; slice each one into 1-inch strips.
2. Prepare the sweet and sour sauce: into a small bowl, add 1/2 cup pineapple juice, cider vinegar, tomato paste, sugar substitute, soy sauce, salt, pepper, and 2 teaspoons cornstarch. Stir together to combine.
3. Place the chicken breast pieces lengthwise onto a cutting board and cut 1-inch strips of chicken. Add to a bowl with egg whites and 2 teaspoons cornstarch. Stir together to combine.
4. Warm a large nonstick pan with 2 teaspoons oil over medium-high heat. Add chicken; stirring frequently, sauté until chicken is fully-cooked, about 5 to 7 minutes

- (20-ounce) can pineapple chunks in juice, divided
- 1/8 teaspoon salt
- 2 teaspoons low-sodium soy sauce
- 3 tablespoons sugar substitute (granulated)
- 3 tablespoons tomato paste
- 2 teaspoons freshly grated ginger
- 1/4 cup chopped scallions, to garnish
- 2 cups cooked brown rice (from 1/2 cup uncooked brown rice), to serve

5. Again warm the nonstick pan with 2 teaspoons oil over medium-high heat. Add bell pepper strips and stirring constantly, cook until pepper are soft and tender, about 5 minutes. Add in the ginger, stirring and cooking for 30 seconds, before stirring in the reserved sweet and sour sauce and 1 cup pineapple chunks. Stir until sauce slightly thickens, about 1 to 2 minutes. Stir in reserved chicken and cook another minute. Remove from heat and garnish with scallions.
6. Serve sweet and sour chicken over the brown rice.

4 Servings

471 Calories
Per Serving

36g Protein
Per Serving

6g Fiber
Per Serving



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