



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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April



Sweet and Sour Chicken

SERVES 4 / SERVING SIZE 2 CUPS CHICKEN + 1/2 CUP BROWN RICE

Ingredients

- 4 bell peppers, 1 each of red, yellow, green, and orange if possible, seeded and cut into 1-inch strips (around 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 (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

Directions

Halve each bell pepper lengthwise. Remove and discard the seeds; slice each one into 1-inch strips.

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.

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.

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 depending on thickness. Remove from heat, transfer chicken to a plate, and cover with foil to keep warm.

Again warm the nonstick pan with 2 teaspoons oil over medium-high heat. Add bell pepper strips and stir constantly, cook until peppers 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.

Serve sweet and sour chicken over the brown rice.

Nutritional Facts

Calories	471	Cholesterol	91 mg
Total Fat	9.6 g	Sodium	510 mg
Saturated Fat	1.4 g	Total Carbohydrate	57 g
Trans Fat	0.0 g	Dietary Fiber	6 g
Polyunsaturated Fat	2.3 g	Sugars	26 g
Monounsaturated Fat	4.4 g	Protein	36 g

Dietary Exchanges: 1 1/2 starch, 2 fruit, 1 vegetable, 4 lean meat

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