Brown Rice
2-1/2 cups water 1 cup uncooked long grain brown rice

Directions:
Bring 2-1/2 cups of water to a boil in a medium saucepan. Add rice, reduce heat to medium, cover, and simmer 30-40 minutes until rice is tender and the water is absorbed.

Nutrition Information (per ¼ recipe, about ¾ cup cooked): 170 calories, 4 g protein, 2 g fat, 0 g saturated fat, 0 g trans fat, 38 g carbohydrate, 4 g fiber, 0 mg cholesterol, 0 mg sodium 1 serving equals: 1.5 whole grain

Sweet and Sour Chicken
1 T. canola oil 1 T. cornstarch
1 onion, chopped 2 T. reduced-sodium soy sauce
1 lb. boneless, skinless chicken breast, 1 cup fresh pineapple chunks or cut into bite-sized pieces 1 (8 oz.) can pineapple chunks with juice
3 carrots, chopped 1 T. red wine vinegar
1 large green pepper, chopped 1 T. brown sugar
1 large red pepper, chopped
1 clove garlic, chopped

Directions:
Warm the oil in a large non-stick skillet over medium-high heat. Add the onion and chicken; sauté until golden brown about 5 minutes. Add the carrot, bell peppers, and garlic; sauté for 2 minutes.

In a small bowl, combine the cornstarch and soy sauce, add to skillet. Stir in pineapple with juice, vinegar, sugar, and ginger. Cover and cook until the chicken is cooked through and the sauce is thickened.

Nutrition Information (per ¼ recipe): 286 calories, 29 g protein, 7 g fat, 1 g saturated fat, 28 g carbohydrate, 4 g fiber, 72 mg cholesterol, 397 mg sodium 1 serving equals: 2 vegetables, 1 protein/dairy, 1 fat

Total Meal Nutrition Information (per ¼ each recipe): 456 calories, 33 g protein, 9 g fat, 1 g saturated fat, 66 g carbohydrate, 8 g fiber, 72 mg cholesterol, 397 mg sodium 1 serving equals: 2 vegetables, 1 whole grain, 1 protein/dairy, 1 fat
Sweet and Sour Chicken

Shopping List

Produce Section

- 3 carrots
- 1 cup fresh pineapple chunks or 1 (8 oz.) can pineapple chunks with juice
- 1 onion
- 1 large green pepper
- 1 large red pepper
- 1 clove garlic

Dry Goods Section

- 1 cup uncooked long grain brown rice
- 2 T. reduced-sodium soy sauce
- 1 T. canola oil
- 1 T. cornstarch (see tip #1)
- 1 T. red wine vinegar
- 1 T. brown sugar
- ½ tsp ground ginger

Meat/ Dairy Section

- 1 lb. boneless, skinless chicken breast

Smart Shopper Tip #1:
Look for cornstarch on the baking aisle with the flour and sugar. It helps to thicken sauces. Never add corn starch directly to a hot liquid or it will form clumps. It needs to be dissolved into another liquid before it can be added to your dish.