

Sweet & Sour “Chikn”

Serves 4

Ingredients

For the stir-fry

- 1 tablespoon oil (canola or grape seed)
- 8-ounce package seitan
- 1 small red onion, thinly sliced
- 1 large broccoli floret, cut into bite-sized pieces
- 1 medium red bell pepper, cut into 1-inch piece
- 1 cup shitake mushrooms, sliced
- 1 can pineapple chunks in unsweetened juice, drained (juice reserved)

For sauce

- Makes: About 1 cup
- 2 tablespoons arrowroot or cornstarch
- ¼ cup water
- 1/3 cup pineapple juice (using reserved juice from canned pineapple)
- 3 tablespoons rice vinegar
- 2 tablespoons soy alternative* (see recipe)
- 1 tablespoon agave necta
- 2 teaspoons grated fresh ginger
- 2 teaspoons garlic, minced

****Vegan Soy sauce alternative***

- ¼ cup vegetable broth
- ¼ cup balsamic vinegar
- 1 ½ cups water
- 1 tbsp molasses
- ¼ tsp ground ginger
- ¼ tsp garlic powder
- Fresh ground pepper



COOKING FOR WELLNESS

Instructions for Sauce

1. Bring all ingredients to a boil
2. Turn the heat to medium high and simmer for approximately 20 minutes until the liquid is reduced to one cup
3. Store in the fridge in a glass jar

Instructions for Stir Fry

1. Make soy sauce alternative and keep on hand (can be done a day or two ahead)
2. Combine the arrowroot or cornstarch with the water in a small bowl and stir until dissolved, then add the remaining sweet & sour sauce ingredients and whisk together. Set aside.
3. Heat half of the oil in a stir-fry pan or wok. Coat seitan with cornstarch and stir-fry over medium-high heat until lightly browned, about 5 minutes. Remove to a plate and set aside.
4. Heat the remaining oil in the pan and then add the onion and sauté over medium heat until golden. Turn up the heat; add the mushrooms, broccoli and bell peppers and stir-fry for 5 minutes.
5. Once veggies have browned & become tender, stir in the pineapple chunks, add the seitan back in, and turn the heat down to low.
6. Stir in the homemade sauce into the pan and turn the heat back up to medium high. Taste and adjust the sweet-sour balance with more agave and/or vinegar to your liking. Cook just until piping hot, or in the case of homemade sauce, until thickened.

Serve over rice noodles or cauliflower rice

Nutrition Information

Stir Fry ½ recipe: 285 calories, 9 g fat, 26 g carb, 14 g sugar, 7 g fiber, 28 g protein

Sauce: Calories: 60 calories, 12 g Carbohydrates, 12 g Sugar, 138 mg Sodium:



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