



# California Chicken Stir Fry

## Servings

6

## Calories

310

## Prep Time

10 minutes

## Total Time

30 minutes

## Skill Level

Easy

## Ingredients

- ¼ cup soy sauce
- 2 tablespoons sugar
- 1 tablespoon cider vinegar
- 1 tablespoon ketchup
- ½ teaspoon ground ginger
- 2 tablespoons vegetable oil
- 1 pound chicken breasts, boneless, skinless, cut into cubes
- 2 cloves garlic, minced
- 1 (12 ounce) bag Mann's California Stir Fry
- 1 Del Monte Gold® pineapple, trimmed, cored, and cut into 1" cubes



## The Method

In a small bowl, combine soy sauce, sugar, cider vinegar, ketchup, ginger. Whisk until well blended and set aside.

In a large skillet or wok, add vegetable oil and stir fry chicken with garlic for 6-7 minutes or until chicken is no longer pink. Add Mann's California Stir Fry and stir fry for 3-4 minutes or until crisp tender. Stir in pineapple and sauce mixture. Heat through.

Optional: Serve over cooked white rice.

### Nutrition Facts

Serving Size 274g | Servings: 6

### Amount Per Serving

Calories 310 | Total Fat 7g (sat fat 1g trans 0g) | Cholesterol 39mg | Sodium 350mg | Total Carbohydrate 39g | Dietary Fiber 2g | Sugars 13g (Includes 4g Added Sugars) | Protein 21g | Vitamin D 0% | Calcium 4% | Iron 10% | Potassium 10%