

GET FIT & GET HEALTHY

Sweet and Sour Chicken

Serves 4-6

Ingredients

- three 4-6 oz boneless chicken breasts, cut into large dice
- 19 oz can tomato sauce
- 1 cup pineapple juice
- 1/2 red pepper, large dice
- 1/2 green pepper, large dice
- 3 ribs celery, sliced
- 2 cups fresh pineapple, large dice
- 1/2 Spanish onion, large dice
- 1 tsp dry mustard
- 2 tbsp soy sauce
- 1 tsp ground ginger
- 1/3 cup brown sugar
- 2 cloves garlic, minced
- 3 tbsp cornstarch
- salt and pepper to taste



Method

1. In a large roast pan, mix together all ingredients except cornstarch, salt and pepper.
2. Bake in a preheated 350 degree oven, covered for 1 hour.
3. Mix cornstarch with one quarter cup cold water and stir into chicken dish. Return to the oven for 5 minutes, or until thickened. Serve with rice.

What's Cookin': Enjoy a colourful diet in 2011

Last week we were talking about vegetables and I'd like to carry on with that thought. Not only are we supposed to eat our vegetables, but we're also supposed to eat our colours. So, when was the last time you ate blue, red, purple, orange and dark green?

Blue- for me, there is nothing like blueberries with my cereal. I've developed a little trick from going to Weight Watchers: you fill your bowl with the fruit, then put the cereal on top. Cuts way down on the calories, but you still have a full bowl of breakfast to enjoy!

Red- well tomatoes are an obvious choice, but they aren't that great at this time of the year and I already cooked and served all the tomatoes we had in the freezer from our garden. How about beets? They're one of my favourites. Cut off the greens, but leave the peel on the beet - just rinse them off well. Place them in a large pot and cover them with cold water. Bring the water to a boil, then reduce to a simmer and continue simmering until a fork can easily be inserted into the beets. Drain, run under cool water, then you can re-

Lori Gysel & Gerry Kentner



move the peel with your hands. Slice and serve over a salad with some feta or goat cheese (yummy!).

Purple- not sure if it qualifies for red or purple, but sure looks purple in the pan. Slice (super thin) a red cabbage and sauté up over medium low heat with a bit of butter and oil until well cooked, probably around 40 minutes if you're doing a big batch. Season with salt and pepper and serve.

Orange- there's more fibre in eating the whole fruit than in drinking the juice, so slice up some oranges and put them in your salad. Sliver up some orange peppers and add to your stir fry or roast up some pumpkin and turn it into soup!

Dark green- pick up some rapini from the store. Wash well, trim off bottoms of the stems. Blanch quickly in boiling water, then drain and rinse

with cold water. Shake to dry. Place in a large fry pan with butter, oil and garlic, toss around until well coated and hot, then drizzle with fresh lemon juice.

Have fun and keep cooking!
Email your questions and comments to Lori and Gerry at whatscookin@independentfreepress.com

Become a Nordic walker

Nordicwalking instructor Ginger Quinn leads a number of Nordic pole walking sessions through the week.

On Mondays and Fridays, 10-11 a.m. indoors in the Dufferin Centre (\$2 entrance fee) in Prospect Park, Acton.

On Wednesdays, 6:30 p.m. outside Gellert Centre; bring toonie for the Heart and Stroke Foundation.

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