

## You Can Cook Edits—2013

Page 39: Food Safety Info Line no longer exists.

Page: 70

½ cup beef broth (or orange juice or apple juice) 125 mL

Note:

Add sliced red peppers

Add peanut butter in place of corn starch.

Add fresh grated ginger 2 tsp or ½ tsp powdered ginger

Page 80:

Note:

Taco seasoning is mostly salt. Use 2-4 Tbsp chili powder instead.

Page 85:

You can use ½ tsp dried dill in place of curry powder and cinnamon.

Page 91:

Note:

Shallow pan works best.

Page 99: Oven temperature increase to 375F (190 C)

Page 104: Sweet and Sour Chicken—revised recipe

Page 151: Oven temperature increase to 350F (180C)

Page 153: Oven temperature increase to 375F

Page 155: Oven temperature increase to 350F

Page 156:

Step 1: Cut up broccoli and place in a saucepan and add enough water to cover **the bottom of the pan**. Cover pan.

Note:

You can use a combination of broccoli, cauliflower, and carrots.

Add ½ tsp powdered ginger (2 mL).

Page 170: Oven temperature increase to 350F (180C)

Page 176:

½ cup flour 125 mL

Note: You can bake in a microwave for 12 minutes or until fruit it soft.

# Sweet and Sour Chicken

Serves 4

2 whole	skinless chicken breasts OR 1 breast and 4 thighs	2
1 Tbsp	oil	15 mL
1 large	onion, thinly sliced	1
3 stalks	celery, thinly sliced	3
1	green, red, orange or yellow pepper, sliced into strips	1
1 can (19 oz)	pineapple tidbits	540 mL
¼ cup	white vinegar	50 mL
1 Tbsp	honey	15 mL
1 Tbsp	soy sauce	15 mL
½ tsp	ground ginger	2 mL
2 Tbsp	cornstarch	30 mL
3 Tbsp	water	45 mL
	pepper to taste	

---

## How to Make:

1. Cut chicken into bite size pieces. In a saucepan heat oil using medium heat. Add onion and chicken and cook until chicken loses its pink colour.
2. Add celery and peppers and cook for 3 minutes.
3. Add pineapple with juice.
4. Add vinegar, honey, soy sauce, and ginger.
5. Mix cornstarch with cold water in a small bowl or cup. Stir into mixture in saucepan. Bring to a boil, stirring and cook for 1 minute, until sauce is thickened and clear. Season with a sprinkle of pepper.

**Note:**

Serve over rice.