

Baked Sweet and Sour Chicken Recipe!



When you make your own Chinese food at home, you won't have to rely on a fortune cookie to grant you with good health!

Don't Walk the Wok

Who doesn't love a good helping of Chinese food every once in a while? While going out for Chinese food is fast and delicious, it's not necessarily the healthiest choice. Many Chinese dishes are prepared in woks and fried with lots of oil. In addition, restaurants often add high amounts of sodium and MSG to their food to enhance the flavor.

If you love Chinese but still want to be healthy, have you ever thought about making your own Chinese dishes at home?! **This sweet and sour chicken recipe** from **eatwellutah.org** is too

good not to try. Not only is the chicken baked instead of fried, all of the ingredients are simple and low in sodium.

This recipe is a great way to get your Chinese fix without sacrificing your health. It's a win-win for everyone!

Source

Eat Well Utah
