

## Sweet N Sour Chicken

2 to 3 Chicken breast cubed

½ bell pepper chopped in bite size pieces

½ onion in bite size pieces

Cubed Pineapple – one small can (retain juice)

2 Eggs

Corn Starch – about a half cup (You can substitute another flour of your choice, it is to make the egg stick to the chicken easier)

Salt and pepper to taste

1. Cut up the onion and bell pepper, place in a casserole dish.
2. Drain cubed pineapple (retaining juice in a saucepan) and place with bell pepper and onion
3. Beat two eggs in a bowl and set aside
4. Cut up chicken breast in a bowl. Salt and pepper to taste.
5. Add enough corn starch to coat chicken, toss until all are coated in a thin dusting.
6. Add oil to a skillet, so that there is about a half inch. Set to medium high heat. You might have to adjust this during browning process, so you do not burn the chicken.
7. Once you have warmed oil, dip chicken in the beaten egg, then place in skillet. I use two forks to take from corn starch to egg, to skillet. It keeps my hands clean!
8. Lightly brown on each side, then place on a paper towel to drain the oil. Work in batches.
9. Once the chicken is done, place in casserole dish with the rest of the ingredients above.

Move onto making the sauce: (You can double or triple this recipe based on how much chicken you need to make, I use the amount below for two chicken breast)

¾ cup sugar	reserved pineapple juice	1 TBS Soy Sauce
½ cup vinegar	3-4 TBS Ketchup	1 tsp sea salt
1 TBS Corn Starch	¼ tsp pepper	½ tsp Garlic powder

1. Combine all ingredients for sauce. Using a wisk to make sure all are incorporated well.
2. Bring to boil and cook until thickened. Make sure to keep it boiling or near boiling as it thickens.
3. DO NOT LET IT BOIL OVER OR TOUCH YOU!
4. Once thickened, place sauce over chicken and stir lightly so all ingredients are coated.
5. Bake at 400 degrees for about 20 minutes. Serve over rice.

\*\*\*\*Once I put the chicken in the oven, I start the rice. Once the rice is done, the chicken is done.

You can also make this recipe with chicken that is not breaded, just brown the chicken lightly before putting with other ingredients.

