

Sweet and Sour Chicken

Prep Time: 15 minutes

Cook Time: 10 minutes

Serves: 4

Ingredients:

1. 1/2 cup sugar
2. 1/4 cup brown sugar
3. 1/2 cup apple cider vinegar
4. 1/3 cup ketchup
5. 4 teaspoons soy sauce (reduced sodium if available)
6. 2 cloves garlic minced
7. 1 tablespoon cornstarch
8. 2 tablespoons canola oil
9. 1 1/2 pounds chicken breasts cut into 1" chunks
10. 1 cup pineapple chunks (fresh, frozen or canned in water)
11. 1 red pepper cut into 1" chunks
12. 1 green pepper cut into 1" chunks
13. 1/2 onion cut into 1" chunks

Instructions:

1. Make the sauce by combining the sugar, brown sugar, apple cider vinegar, ketchup, soy sauce, garlic and cornstarch in a small bowl.
2. Heat oil in a wok or large frying pan. Add chicken and cook until lightly browned - 3 to 4 minutes. Add pineapple, red and green peppers and onion, and cook for an additional 1 to 2 minutes.
3. Add the sauce, stir to coat the chicken and vegetables with the sauce. Bring sauce to the boil and cook for an additional 1 to 2 minutes, until sauce has thickened. Serve immediately.

Recipe Inspired by: dinnerthendessert.com