**Sweet-n-Sour Chicken**

RECIPE

**INGREDIENTS**

* 5 pounds frozen fully cooked breaded chicken breast chunks
* Optional Ingredients:

sesame seeds

**For Sauce**

* 3 cups pineapple tidbits
* 3 red bell peppers cut into 1” chunks
* 3 green bell peppers cut into 1” chunks
* 1 ½ yellow onions cut into 1” chunks
* 1 ½ cups sugar
* ¾ cup brown sugar
* 1 ½ cups apple cider vinegar
* 1 cup ketchup
* 4 tablespoons low sodium soy sauce
* 6 cloves garlic minced
* Optional Ingredients:

cornstarch and water to thicken

(may use Minors sauce instead)

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**DIRECTIONS**

1. Preheat oven to 375degrees. Place chicken chunks on tray and bake as directed on package.
2. For sauce: whisk together the sugar, brown sugar, apple cider vinegar, ketchup, soy sauce and garlic in a pot. Add bell peppers, onion and pineapple. Bring to a low boil and cook for 3 minutes so that peppers and onions are crisp-tender. You may add a cornstarch and water slurry if needed to thicken. Do not add chicken to sauce. Pour sauce over chicken when served.

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| **Prep Time:** 20 minutes | **Cook Time:** 30 minutes | **Total Time:** 50 minutes | **Yield:** 20 servings |