

Sweet and Sour Chicken

Ingredients

- 2 pounds boneless, skinless chicken breast, cut into bite-sized chunks
 - 2 tablespoons arrowroot starch or cornstarch
 - 1 teaspoon kosher salt
 - 1/2 teaspoon ground black pepper
 - 1 medium sweet white onion (e.g., Vidalia), thinly sliced
 - 1 red bell pepper, cut into large chunks
 - 1 green bell pepper, cut into large chunks
 - 2 cloves of garlic, minced
 - 2 TBS olive oil
- For the sauce
- 12 ounces crushed pineapple (no added sugar), drained
 - 1/4 cup chicken broth
 - 1/4 cup coconut aminos or low sodium soy sauce
 - 2 tablespoons honey
 - 1 tablespoon coconut sugar
 - 2 tablespoons ketchup
 - 1 1/2 tablespoons rice wine vinegar
 - 2 tablespoons olive oil

Directions

1. Cut the chicken breasts into bite-sized chunks.
 2. In a large Ziploc bag, combine arrowroot starch (or cornstarch), salt, and pepper. Add the chicken to the bag, seal it, and shake to coat the chicken.
 3. Heat 2 tablespoons of olive oil in a large skillet. Add the coated chicken to the skillet and cook for 3-4 minutes on each side, until golden brown. While your chicken is cooking, it's time to prepare your vegetables. Remove the cooked chicken from the skillet and place on a plate.
 4. Add 2 TBS olive oil to the skillet. Cook the onion, red and green bell peppers on medium to high heat for 2-3 minutes, stirring occasionally. Add the minced garlic and cook for an additional 3 minutes.
 5. While veggies cook, combine sauce ingredients in medium bowl.
 6. Return the cooked chicken to the skillet with the vegetables. Pour the sauce over the chicken and veggies. Mix well to coat everything.
 7. Cook the mixture over medium-high heat for about 5 minutes, until the sauce thickens and coats the chicken and vegetables.
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by Teresa Forchard