

SWEET & SOUR CHICKEN

**4 4-ounce chicken breasts,
boneless and skinless**
1/2 tsp salt
1/4 tsp white pepper
4 ounces oil
**2 1/2 ounces water chestnuts, sliced,
canned and drained**
1/2 cup pineapple chunks, drained

1 1/2 ounces green bell peppers, diced
1 1/3 ounces red bell peppers, diced
7/8 ounces yellow onions, diced
2 Tbsp chutney
1 Tbsp seasoned rice vinegar
7/8 ounces light brown sugar
1 Tbsp cornstarch

In large mixing bowl, whisk to combine salt, pepper, and oil to make marinade. Place chicken in pan. Pour marinade over chicken. In large stockpot, combine chestnuts, pineapple, peppers, onions, chutney, vinegar and sugar. Sauté all ingredients until peppers

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are crisp and tender. Dissolve cornstarch in the pineapple juice. Add to vegetables and whisk. Reduce heat and simmer until the sauce thickens and internal temperature reaches 165 degrees F. Hold warm for use later. On clean flat grill or braising pan, brown chicken. Place chicken in pan. Roast in 350 degree oven until internal temperature reaches 165 degrees F. Pour sauce over chicken in pan. Portion 1 chicken breast and sauce in each serving dish. Serving size 4.