

SWEETHEART CHICKEN

8-10 16-20 32-40 SERVINGS

2	4	8	CUPS	DICED CHICKEN
2	1	2	CUP	FLOUR
1	2	4	TBSP	OIL
SALT & PEPPER TO TASTE				
2	4	8	TBSP	SOY SAUCE
1	2	4	CAN	PINEAPPLE TIDBITS
1	2	4	CUP	GREEN PEPPER STRIPS
2	4	8	CUPS	CARROTS SLICED DIAGONALLY
1/2	1	2	CUP	VINEGAR
1/2	1	2	CUP	BROWN SUGAR
1	2	4	CUP	PINEAPPLE JUICE
2	4	8	TBSP	CORNSTARCH

1. IN A BOWL MIX FLOUR, SALT & PEPPER. COAT CHICKEN

2. BROWN CHICKEN IN OIL. DRAIN PINEAPPLE, RESERVE JUICE.

3. ADD SOY SAUCE, PINEAPPLE & VEGETABLES TO CHICKEN & COOK UNTIL TENDER. COMBINE VINEGAR BROWN SUGAR, CORNSTARCH & PINEAPPLE JUICE. ADD TO CHICKEN MIXTURE, STIR UNTIL THICKENED

4. SERVE OVER COOKED RICE.