



Gammy's House Recipes

www.GammvsHouse.co

SWEET AND SOUR CHICKEN

8 chicken thighs
1 tablespoon oil
1 can (15-1/4 oz.) DEL MONTE Pineapple Chunks In Its Own Juice
1 can (14-1/2 oz.) DEL MONTE Diced Tomatoes with Garlic & Onion
3 tablespoons sugar
1 tablespoon cider vinegar
1 teaspoon soy sauce
1 teaspoon grated gingerroot or 1/2 teaspoon ground ginger
2 teaspoons cornstarch
2 tablespoons water
1/2 green pepper, cubed

Cook chicken in oil in skillet over medium-high heat, about 15 minutes or until done, turning once; drain. Meanwhile, drain pineapple, reserving juice. In saucepan, combine reserved juice, tomatoes, sugar, vinegar, soy sauce and gingerroot; simmer 10 minutes. In a small bowl combine cornstarch and water. Add cornstarch mixture, pineapple and green pepper to saucepan; cook and stir until thickened. Pour over cooked chicken; cook 5 minutes longer, turning chicken to coat with sauce. Serve with cooked rice, if desired.

Serves: 4