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## Introduction

Baked Sweet and Sour Chicken is a delightful dish that combines tender chicken pieces with a tangy and sweet sauce. This recipe offers a healthier twist by baking the chicken instead of frying it, resulting in a lighter yet equally delicious version of the classic sweet and sour chicken.

### Key Ingredients:

- 2 boneless, skinless chicken breasts, cut into cubes
- 1/3 cup cornstarch
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons olive oil
- 1/2 cup pineapple juice
- 1/2 cup ketchup
- 1/4 cup brown sugar
- 2 tablespoons apple cider vinegar
- 1/4 cup diced onion
- 1/4 cup diced bell pepper
- 1/4 cup diced pineapple

- Instructions:
- Prep Time: 15 minutes
- Cook Time: 30 minutes
- Total Time: 45 minutes
- Yield: 4 servings

1. **Preheat Oven:** Preheat the oven to 375°F (190°C).
2. **Prepare Chicken:** In a shallow bowl, combine cornstarch, garlic powder, salt, and black pepper. Toss the chicken cubes in the cornstarch mixture until evenly coated.
3. **Sauté Chicken:** Heat olive oil in a large skillet over medium-high heat. Add the coated chicken cubes and cook for 3-4 minutes, stirring occasionally, until the chicken is lightly browned.
4. **Prepare Sauce:** In a medium bowl, mix pineapple juice, ketchup, brown sugar, and apple cider vinegar until well combined.

5. **Assemble Chicken:** Place the browned chicken cubes in a 9×13 inch baking dish. Pour the prepared pineapple juice mixture over the chicken.
6. **Add Vegetables:** Top the chicken with diced onion, bell pepper, and pineapple for added flavor and texture.
7. **Bake:** Place the baking dish in the preheated oven and bake for 25-30 minutes, or until the chicken is cooked through and the sauce is bubbly and slightly thickened.
8. **Serve:** Serve the baked sweet and sour chicken over cooked rice for a complete meal. Enjoy the delightful combination of flavors!



Baked Sweet and Sour Chicken

## Cook Techniques:

### Baking:

Baking the chicken allows it to cook evenly and develop a golden brown crust while keeping it tender and juicy on the inside.

## Sautéing:

Sautéing the chicken in olive oil before baking helps to seal in moisture and adds a delicious caramelized flavor to the dish.

## Sauce Preparation:

Mixing the sauce ingredients in advance allows the flavors to meld together, creating a well-balanced sweet and tangy sauce that complements the chicken perfectly.

## FAQs:

1. **Can I use other meats instead of chicken?** Yes, you can substitute chicken with pork, shrimp, or tofu to suit your preferences or dietary restrictions.
2. **Can I make this dish ahead of time?** While it's best served fresh, you can prepare the components ahead of time and assemble them just before baking for convenience.
3. **Can I adjust the sweetness of the sauce?** Absolutely! Feel free to adjust the amount of brown sugar to suit your taste preferences for a sweeter or less sweet sauce.

## Conclusion:

Baked Sweet and Sour Chicken is a simple yet flavorful dish that's perfect for busy weeknights or casual dinners with family and friends. With its tender chicken, vibrant vegetables, and irresistible sweet and sour sauce, it's sure to become a favorite in your recipe collection. Give this recipe a try and savor the delightful flavors with every bite!

## Notes:

- For added freshness, you can garnish the dish with chopped green onions or cilantro before serving.
- Serve leftovers reheated or cold as a tasty lunch option the next day.

## You may like:

- [Rosemary & Garlic Focaccia Recipe](#)
- [Mushroom Pie Recipe](#)
- [Cowboy Meatloaf and Potato Casserole: A Hearty Western Feast](#)

- [Impossible Taco Pie: A Tasty Taco Twist in Pie Form](#)
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