

SWEET-AND-SOUR PINEAPPLE CHICKEN *Serves 4*

- 1 lb. boneless, skinless, chicken breasts or thighs
- 1 tbsp. canola oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 sweet green bell pepper, chopped
- 1 cup your favourite BBQ sauce
- 2 tsp. soy sauce
- 14 oz. can pineapple tidbits, drained

Good

Cut chicken into bite-sized pieces.

In a large skillet, heat oil over medium-high heat, brown chicken, in batches, 2 minutes or until cooked through.

Add onion, garlic, and green pepper. Reduce heat, cover and cook until green pepper is tender, about 5 minutes. Add BBQ sauce, soy sauce and pineapple tidbits.

Stir until hot and chicken is well coated.

Carol says: This is a delicious meal served over rice or noodles.