



Charlyn's Sweet and Sour Chicken

recipe for 2	recipe for 4
1 1/2 tsp olive oil	3 t olive oil
2 green onions thinly sliced	4 green onions thinly sliced
1/2 tsp ginger 1/4 t minced garlic	1 t ginger 1/2 t minced garlic
1 very thinly slice carrot 1/4 red pepper, sliced	2 thinly sliced carrots 1/2 red pepper sliced
1 T rice vinegar	2 T rice vinegar
1 T brown sugar	2 T brown sugar
1 tsp onion powder 1 T chicken broth	2 t onion powder 2 T chicken broth
3 T apricot preserves 1 tsp cornstarch, mixed with 1 tsp water	1/3 cup apricot preserves 2 t cornstarch, mixed with 2 t water
1 cup cut up pineapple	2 cups cut up pineapple
2 boneless Chicken breast cooked	4 boneless chicken breast cooked

2 cups cooked rice

3 cups cooked rice

Heat olive oil in skillet. Add onion, ginger, and garlic and cook 1 minute. Add carrot, red pepper and cook 1 minute. Stir in vinegar, brown sugar, onion powder, chicken broth, apricot preserves. Mix cornstarch with water. Stir until thickens. Stir in pineapple and heat through and add cooked meat. Serve with cooked rice.

<http://www.lincolntent.com/GFCF-Poultry.html>