



Baked Sweet and Sour Chicken

Ingredients:

1 lb boneless, skinless chicken breasts, cut into bite-sized pieces

1/2 cup cornstarch

2 large eggs, beaten

1/4 cup vegetable oil (for browning)

For the Sweet and Sour Sauce:

1/2 cup sugar

1/4 cup ketchup

1/4 cup white vinegar

1/4 cup soy sauce

1 tsp garlic powder

Directions:

Preheat your oven to 325°F (165°C). Grease a 9x13-inch baking dish.

In a shallow dish, coat the chicken pieces in cornstarch, shaking off any excess. Dip each piece into the beaten eggs to coat.

Heat vegetable oil in a skillet over medium heat. Brown the chicken pieces on all sides (you don't need to cook them through). Place the browned chicken into the prepared baking dish.

In a small bowl, whisk together sugar, ketchup, white vinegar, soy sauce, and garlic powder to make the sweet and sour sauce.

Pour the sauce evenly over the chicken in the baking dish. Toss lightly to ensure all pieces are coated.

Bake uncovered for 50-60 minutes, stirring every 15 minutes to ensure the chicken stays evenly coated in sauce and doesn't dry out.

Serve warm over steamed rice or with stir-fried vegetables.

Prep Time: 20 minutes | Cooking Time: 1 hour | Total Time: 1 hour 20 minutes

Kcal: 375 kcal | Servings: 4 servings