

Sweet and Sour Chicken

Ingredients

2	pieces boneless, skinless chicken breast, cut into bite-sized pieces
1	onion, chopped
1 cup	celery, chopped (250 ml)
1 cup	carrots, chopped (250 ml)
1/2	red pepper, chopped
Sauce:	
1 cup	unsweetened pineapple juice (250 ml)
1 Tbsp	apple cider vinegar (15 ml)
1 Tbsp	arrowroot powder or cornstarch (15 ml)
1/4 cup	water (60 ml)
	Olive oil
1 Tbsp	tomato paste (optional) (15 ml)

Free of dairy products, wheat, yeast, corn, sugar, eggs, soy, nuts, and gluten.

- In a frying pan with enough oil to cover bottom of pan, cook chicken over low to medium heat, stirring frequently, for approx. 10 minutes. Remove chicken and set aside.
- In a frying pan, sauté onions for a few minutes in a little olive oil or use a little water or vegetable stock. Add chopped celery, carrots, red pepper, and water and cook over medium heat for 10 minutes. Then add the chicken pieces.
- In a separate bowl, mix sauce ingredients and pour over chicken, add vegetables and simmer for a few minutes.

Serve with a mixed salad or steamed veggies.

Yields 2 servings.