

# Baked Sweet Hawaiian Chicken

1h 20m

*Warm Curry. Serve with rice!*

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| <b>1</b> | 3-4<br>taste   | Chicken Breasts<br>Salt & Pepper   | Preheat oven to 325. Cut breasts into bite-sized pieces. Season.  |
| <b>2</b> | 1½ cup<br>3  | Cornstarch<br>Eggs, beaten   | Put in different bowls. Dip chicken in starch, then eggs.         |
| <b>3</b> | ¼ cup  | Canola Oil   | Heat in skillet, med-high. Brown Chicken, then move to 9x13 dish. |
| <b>4</b> | 1 cup<br>½ cup<br>⅓ cup<br>1 tsp<br>½ TBSP<br>1<br>1 can | Pineapple Juice<br>Brown Sugar<br>Soy Sauce<br>Garlic, Minced<br>Cornstarch<br>Red Pepper,<br>Chopped<br>Pineapple Tidbits | Whisk together in a bowl. Pour over chicken.                      |
| <b>5</b> |  |  | Bake, <b>1 hour</b> . Stir every <b>15 min</b>                    |
| <b>6</b> |  |  | Serve with rice   |