

Tim Farmer's Country Kitchen

SWEET AND SOUR CHICKEN

4 Chicken thighs, skin on
Sesame oil
Garlic powder
Pepper

Sauce

½ teaspoon grated ginger
½ cup pineapple juice
¼ cup brown sugar
½ cup water
¼ cup chicken broth
3 tablespoons rice vinegar
1 ½ tablespoons soy sauce

2 1/2 tablespoons cornstarch + 2 1/2 tablespoons water

3 bell peppers (1/2 of each, cut into strips)
½ onion, sliced
1 cup cauliflower, chopped
1 pineapple, chopped

Bake chicken thighs with sesame oil, garlic powder and pepper for 2 hours at 325 degrees. Combine all ingredients for sauce and heat in saucepan over medium heat until starts to thicken. Add cornstarch mixture until thickened and remove from heat. Top chicken with vegetables and sauce and return to oven for 15 minutes. Remove and serve with rice.



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