

# Sweet & Sour Chicken

1# chicken bite size  
1/2 t. kosher salt  
1/4 t pepper  
1/4 t garlic salt

3/4 c. cornstarch  
2 lg eggs whisk  
1/2 c. canola oil

## Sauce

1 c. sugar  
1/3 c ketchup  
1 t garlic salt  
1/2 c + 1 T distilled vinegar  
1 TBsp soy sauce

First 1/2 in ziplock = coat then in egg then in oil 2 min each side

Place pieces on baking sheet cover w/ sauce Bake @ 325 15 min  
flip then 15 min more

NPEL