

Quick & Easy Oriental Style Chicken

- 2 Tbsp Olive Oil
- 1 - Onion, Chopped
- 4 - Boneless, Skinless Chick Breast Halves.
- 3 Tbsp Ketchup
- 2 Tbsp Soy Sauce
- 3 Tbsp White Sugar
- 2 Tbsp Lemon Juice
- 1/2 Tsp. Ground Black Pepper



- ☐ Sauté onion in oil until translucent.
- ☐ Add chicken, and brown lightly.
- ☐ Combine ketchup, soy sauce, sugar, lemon juice, and pepper; mix well. Pour over chicken, and bring to a boil. Cover, reduce heat, and simmer for 25 to 35 minutes.

Yield: Serves 2

Comments: 1) *Optional - Add chopped red or green pepper ...and/or ... Add peanuts or cashews 2 minutes before serving.*
2) *Serve over Rice*