

Chicken in Sweet Chili Sauce

Ingredients

- 4 (4 ounces each) chicken breast skinless
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 1/4 cup whole wheat flour (optional)
- 3 tablespoons sweet chilli pepper (crushed)
- 1/4 cup apple juice (concentrated)
(or 2 tablespoons of splenda)
- 1 cup hot water
- 1 teaspoon corn starch



Instructions

1. Season chicken breast with garlic powder, onion powder, and paprika.
2. Combine sweet chili pepper, hot water, and apple juice concentrate and let sit for 10 minutes.
3. Lightly flour chicken breast and sear in a medium hot skillet on both sides.
4. Pour sweet chili mixture over chicken and cover. Lower heat and turn chicken on other side and cook for 8 minutes.
5. Mix cornstarch with 2 tablespoons cold water and thicken.



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