Baked Sweet, Sour & Spicy Chicken

NIBBLEDISH CONTRIBUTOR

Ingredients

Ingredients:
- whatever chicken pieces you want
- inch sized-chunks of onions
- chunk pineapples in pineapple juice
- sweet & sour sauce
- sweet & spicy chili sauce
- Red Hot sauce

I season everything by feel. I do not measure. You like it spicier, add more hot sauce, sweeter add more pineapple juice.

Instructions

Wrap chicken in foil or cover the pan to seal in juices.

Much healthier then Chinese style where it's battered fried.

Instructions:
-Oven @ 375-400
-Cook time according to your amount of chicken

I used leg quarters but next time I am going to use chicken wings.