



# 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.