

Sweet and Sour Chicken

- 4 fleshy chicken parts, such as thighs
- ½ tsp black pepper, divided
- ½ cup ketchup
- ¼ cup brown sugar
- 1 tsp Worcestershire sauce
- 8 oz can crushed pineapple
- 6 oz can pineapple juice (optional)
- cayenne pepper to taste

Season chicken with ¼ tsp black pepper. Apply light coat of non-stick cooking spray to skillet; brown chicken on both sides. Drain oil from skillet; pat chicken with paper towel to remove excess oil.

In small mixing bowl, combine remaining black pepper, ketchup, sugar, Worcestershire sauce, cayenne; add pineapple and mix. Pour mixture over chicken. If desired, for more and thinner sauce, add some or all of juice. Bring mixture to a boil. Cover and simmer 20 to 25 until chicken is cooked.

Makes 4 servings