**Sweet and Sour Chicken Recipe**

### Ingredients:

* ¼ cup gluten-free flour
* 1 teaspoon garlic powder
* ½ teaspoon ground ginger
* 2 boneless, skinless chicken breasts, cut into strips
* 2 tablespoons coconut oil
* 1 cup chopped bell pepper
* ½ cup chopped broccoli
* 1 cup canned pineapple chunks in juice, chopped (reserve juice)
* ⅓ cup chicken broth
* 3 tablespoons coconut sugar
* 3 tablespoons rice wine vinegar
* ¼–½ teaspoon red pepper flakes
* 4 teaspoons arrowroot powder dissolved in 4 teaspoons water
* salt and pepper to taste

### Directions:

1. In a bowl, whisk together flour, garlic powder and ginger. Add chicken and toss to coat.
2. Heat coconut oil in a skillet, add chicken, and cook over medium heat, stirring occasionally, until no longer pink. Season chicken with salt and pepper and remove to a plate.
3. Add bell pepper and broccoli to the skillet and cook, stirring occasionally, for 2–3 minutes. Stir in pineapple (with juice), broth, coconut sugar, vinegar and red pepper flakes.
4. Increase heat and bring the sauce to a simmer. When the sauce begins to reduce, stir in arrowroot mixture. Add chicken to sauce and simmer for another 5 minutes.

Many of us have turned to delivery after a long work day. After all, it tastes good and there’s not much effort involved. But what if I told you that, in the amount of time you’d spend waiting for your (unhealthy) meal, you could whip up your own Chinese takeout fake-out that practically cooks itself?

I love how quickly this sweet and sour chicken recipe comes together. Plus, it tastes delicious, is loaded with healthy ingredients like [**cancer-fighting broccoli**](https://draxe.com/broccoli-nutrition/) and requires just one skillet. You’ll have your family fooled about where this came from!