

August 21

“Sweet and sour pork or chicken”

-2 or 3 chicken breasts or pork tenderloin (cubed to make nuggets)

-2 cups flour

-salt and pepper

-1 tsp baking by powder

-1 big tomato

-2 green onions

-1 onion

-2 to 3 tbsp vinegar

-2 cloves garlic

-1/2 tbsp corn starch

-1/2 cup ketchup

-1/2 green pepper

-1/2 red pepper

-2 tsp sugar