



LEMON CHICKEN

- 4 Whole Chicken Breasts, Halved
- 3 Tablespoons Soy Sauce
- 1 Teaspoon Salt
- 2 Egg Whites, Lightly Beaten
- 1/3 Cup Cornstarch
- 1/3 Cup Flour
- 1/2 Cup Oil

SAUCE

- 2/3 Cup Sugar
- 2 Tablespoons Cornstarch
- 1/2 Cup White Vinegar
- 1 Cup Chicken Broth
- 2 Tablespoons Lemon Juice
- 1 Lemon Peel, Julienned
- 3 Green Onions, Julienned
- 2 Medium Carrots, Julienned
- 1 Bell Pepper, Julienned
- 8 Ounces Crushed Pineapple, Drained
- 1 Ounce Lemon Extract
- 1/2 Head Iceberg Lettuce, Finely Shredded

DIRECTIONS

1. Place chicken in a shallow dish with soy sauce and salt. Toss to coat well.
2. Marinate for 30 minutes. Drain chicken and discard marinade.
3. Toss chicken with egg whites.
4. On a plate, combine cornstarch and flour. Roll chicken in mixture to coat well.
5. In a large skillet, heat the oil. Add chicken and cook for 5 minutes per side until brown and crisp.
6. Keep warm in a 200 degree oven.
7. In a medium saucepan combine sugar and cornstarch until well mixed.
8. Stir in vinegar, broth, lemon juice and peel. Heat to boiling, stirring until mixture thickens.
9. Add the vegetables and pineapple. Cook for 30 seconds, stirring. Remove from heat.
10. Stir in lemon extract.
11. Cut chicken into 1 inch crosswise slices.
12. Place shredded lettuce on a serving platter. Top with chicken slices. Spoon sauce over chicken.