

Chicken Hawaii

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Servings: 6

*3 whole chicken breasts,
cut into strips
3 or 4 tablespoons olive oil
2 large green peppers, cut
into strips
1 large onion, diced
1/2 cup brown sugar
3 tablespoons flour
1 can (8 ounce) tomato
sauce
1 can (8 ounce) crushed
pineapple
3 teaspoons lemon juice*

Preheat the oven to 300 degrees.

Place the chicken in a plastic bag with the flour. Shake until the chicken is coated.

In skillet, lightly brown the chicken in oil. Drain on paper towels.

Add the onion and peppers. Cook until soft. Add the brown sugar, tomato sauce, pineapple and lemon juice. Mix well.

Place the chicken in a casserole dish. Add two or three ounces of water and the prepared ingredients.

Bake for 45 minutes to one hour.

Per Serving (excluding unknown items): 1070 Calories; 108g Fat (89.0% calories from fat); 2g Protein; 29g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 254mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1/2 Fruit; 2 1/2 Fat; 1 Other Carbohydrates.