

Chicken Waikiki Beach

Ginny Simon

Chicken with Garlic and Herbs

Servings: 4

*2 whole chicken legs
2 whole chicken breasts
1/2 cup flour
1/3 cup salad oil or
shortening
1 tablespoon salt
1/4 teaspoon pepper*

SAUCE

*1 can (1 pound, 4 ounce)
sliced pineapple, undrained
1 cup sugar
2 tablespoons cornstarch
3/4 cup cider vinegar
1 tablespoon soy sauce
1/4 teaspoon ginger
1 cube chicken bouillon*

Wash the chicken. Pat dry with paper towels. Coat the chicken with flour. In a large skillet, heat the oil. Add the chicken, a few pieces at a time; brown on all sides. Remove when browned to a shallow roasting pan, arranging the pieces skin side up. Sprinkle with salt and pepper.

Preheat the oven to 325 degrees.

Make the sauce: Drain the pineapple, pouring the syrup into a two-cup measuring cup. Add enough water to make 1-1/4 cups.

In a medium saucepan, combine the sugar, cornstarch, pineapple syrup, vinegar, soy sauce, ginger and bouillon cube. Bring to a boil, stirring constantly. Boil for 2 minutes. Pour over the chicken.

Bake, uncovered, for 30 minutes.

Add the pineapple slices.

Bake for 20 minutes longer or until the chicken is tender.

Serve with fluffy white rice.

Per Serving (excluding unknown items): 281 Calories; trace Fat (1.4% calories from fat); 2g Protein; 69g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2229mg Sodium. Exchanges: 1 Grain(Starch); 0 Vegetable; 0 Fat; 3 1/2 Other Carbohydrates.