

Chinese Chicken

*Recipes and Memories
Best of the Best from Minnesota Cookbook*

*4 tablespoons soy sauce
3/4 cup ketchup
1/2 cup brown sugar
1 cup water
1 1/2 tablespoons vinegar
1 medium onion, diced
dash garlic powder
salt (to taste)
pepper (to taste)
6 skinless/boneless chicken
breasts*

Preheat the oven to 375 degrees.

Place the chicken breasts in a casserole dish.

In a bowl, mix the soy sauce, ketchup, brown sugar, water, vinegar, onion, garlic powder, salt and pepper. Pour over the chicken.

Bake for 45 to 60 minutes or until tender.

Serve over rice.

Per Serving (excluding unknown items): 543 Calories; 1g Fat (1.3% calories from fat); 8g Protein; 137g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 6289mg Sodium. Exchanges: 3 Vegetable; 8 Other Carbohydrates.