

Korean Chicken

Sally Outten

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*3/4 cup white wine
1/4 cup soy sauce
1/4 cup oil (or less)
2 tablespoons water
1 clove garlic
1 teaspoon ground ginger
1 tablespoon brown sugar
1 teaspoon oregano
1 teaspoon chives
3 split chicken breasts
rice*

Preheat the oven to 375 degrees.

In a bowl, combine the wine, soy sauce, oil, water, garlic, ginger, sugar, oregano and chives. Mix well.

Place the chicken in a greased baking dish.

Pour the sauce over the chicken.

Bake, uncovered, for one and one-half hours.

Serve with rice.

Per Serving (excluding unknown items): 208 Calories; trace Fat (3.0% calories from fat); 4g Protein; 20g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 4129mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 0 Fat; 1/2 Other Carbohydrates.