

# Le Coq Au Vin

*Dixie Wright*

*The Church of St. Michael and St. George - St. Louis, MO - 1985*

*4 boneless/ skinless  
chicken breasts  
1/2 cup soy sauce  
1 1/2 cups dry red wine  
1/4 cup water  
1/3 cup salad oil  
1 tablespoon oregano  
2 cloves garlic, crushed  
2 tablespoons brown sugar*

Preheat the oven to 375 degrees.

Place the chicken in a heavy pot.

Add the rest of the ingredients to the pot. Cover.

Bake for one hour.

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Per Serving (excluding unknown items): 3053 Calories; 180g Fat (58.1% calories from fat); 251g Protein; 41g Carbohydrate; 3g Dietary Fiber; 742mg Cholesterol; 9197mg Sodium. Exchanges: 0 Grain(Starch); 35 Lean Meat; 3 1/2 Vegetable; 14 1/2 Fat; 1 Other Carbohydrates.