

# Sweet and Sour Chicken

Joyce Levi

Unitarian Universalist Fellowship of Vero Beach, FL 2000

*1 bottle (8 ounce) Russian  
salad dressing  
1 envelope onion soup mix  
1 jar (10 ounce) apricot  
preserves  
8 chicken breasts*

Preheat the oven to 350 degrees.

In a bowl, combine the dressing, soup mix and preserves.

In a large shallow baking dish, place the chicken breasts in a single layer, skin side up.

Pour the sauce over the chicken.

Bake for 1-1/2 hours, basting occasionally with pan drippings.

Serve with the sauce and rice.

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Per Serving (excluding unknown items): 5364 Calories; 341g Fat (58.2% calories from fat); 492g Protein; 59g Carbohydrate; 4g Dietary Fiber; 1531mg Cholesterol; 7089mg Sodium. Exchanges: 1 1/2 Grain(Starch); 69 1/2 Lean Meat; 25 1/2 Fat; 2 1/2 Other Carbohydrates.