

Chicken Delight

Virginia Livingston

Totland College Nursery School - Braintree, MA (1978)

*1 cup lemon juice
1 cup lime juice
1 teaspoon garlic powder
1/4 teaspoon pepper
1/8 teaspoon coriander
white Worcestershire sauce
10 pieces chicken*

Place the chicken in a sealable plastic bag. Add the lime juice, lemon juice and garlic powder. Marinate overnight.

Sprinkle with pepper and coriander.

Grill or bake until cooked through. Baste with the white Worcestershire sauce during cooking.

Per Serving (excluding unknown items): 32280 Calories; 2333g Fat (66.5% calories from fat); 2581g Protein; 59g Carbohydrate; 2g Dietary Fiber; 13581mg Cholesterol; 10418mg Sodium. Exchanges: 0 Grain(Starch); 362 Lean Meat; 0 Vegetable; 3 Fruit; 241 1/2 Fat.