
Chicken L`Orange

Joan Reifler - New York

North American Potpourri - Autism Directory Service, Inc - 1993

Servings: 12

1 teaspoon salt
1/8 teaspoon pepper
1 teaspoon garlic powder
1 teaspoon onion powder
3/4 cup flour
4 frying chickens, quartered
3/4 cup oil
2 cups orange juice
1 1/2 cups chili sauce
3/4 cup green pepper, chopped
3 teaspoons prepared mustard
2 teaspoons garlic salt
3 tablespoons soy sauce
3 tablespoons molasses
4 oranges (optional), sliced

In a bag, combine the salt, pepper, garlic powder, onion powder and flour. Shake the chicken pieces in the seasoned flour to coat.

Heat oil in a skillet. Lightly brown the chicken. Place the browned chicken in a large casserole dish.

Drain most of the oil from the skillet. Add the orange juice, chili sauce, green pepper, mustard, garlic salt, soy sauce and molasses. Simmer in the skillet for 2 to 3 minutes. Pour the sauce over the chicken in the casserole. Cover.

Bake in a preheated 300 degree oven for about two hours or until tender. Baste frequently, if desired. Garnish with orange slices.

Serve with rice.

(The chicken may be prepared in the morning or the day before and reheated just before serving. Freezes well.)

Chicken

Per Serving (excluding unknown items): 195 Calories; 14g Fat (62.7% calories from fat); 2g Protein; 17g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 802mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fruit; 2 1/2 Fat; 1/2 Other Carbohydrates.