
Easy Chicken Diablé

Stephanie Brenner - New York

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Servings: 4

1 three pound broiler-fryer chicken, cut up

4 tablespoons margarine

1/2 cup honey

1/4 cup mustard

1 teaspoon curry powder

1 teaspoon salt (optional)

Wash the chicken pieces and pat dry. Remove the skin.

In a shallow baking pan, melt the margarine. Stir in the honey, mustard, curry powder and salt, if using.

Roll the chicken in the margarine mixture until coated all over. Arrange the chicken in the pan in a single layer, meaty side up.

Bake at 350 degrees for 1 to 1-1/4 hours or until the chicken is tender and richly glazed.

Chicken

Per Serving (excluding unknown items): 243 Calories; 12g Fat (42.2% calories from fat); 1g Protein; 36g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 323mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 1/2 Fat; 2 1/2 Other Carbohydrates.