
Ginger Chicken

Patty Michaelson

Nettles Island Cooking in Paradise - 2014

1 cup honey

3/4 cup soy sauce

1/4 cup garlic , minced

1/2 cup fresh ginger root, peeled and grated

chicken legs or breasts

In a small saucepan, cook the honey, soy sauce, garlic and ginger until the honey is melted.

Arrange the chicken, skin side down, in a large baking pan. Pour the sauce over the top.

Cover the pan tightly with foil. Marinate overnight.

Bake for 30 minutes at 350 degrees. Uncover and turn the chicken skin side up.

Raise the oven temperature to 375 degrees.

Bake for another 30 minutes.

Chicken

Per Serving (excluding unknown items): 1178 Calories; 1g Fat (0.4% calories from fat); 13g Protein; 305g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 12364mg Sodium. Exchanges: 6 Vegetable; 18 1/2 Other Carbohydrates.