

# Ginger-Marmalade Chicken

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## Servings: 4

*1 1/4 pounds boneless/  
skinless chicken parts  
2 tablespoons reduced-  
calorie orange marmalade  
2 tablespoons unsweetened  
orange juice  
3 tablespoons reduced-  
calorie sweet-and-spicy  
French dressing  
1/2 teaspoon ground ginger  
1 teaspoon Worcestershire  
sauce  
1/4 teaspoon dry mustard  
1/8 teaspoon garlic powder*

Preheat the oven to 350 degrees.

Place the chicken in a shallow baking pan  
sprayed with nonstick cooking spray.

In a small bowl, combine the marmalade, orange  
juice, French dressing, ginger, Worcestershire,  
mustard and garlic powder. Mix well.

Bake, uncovered, for 45 minutes.

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Per Serving (excluding unknown  
items): 2 Calories; trace Fat (14.3%  
calories from fat); trace Protein;  
trace Carbohydrate; trace Dietary  
Fiber; 0mg Cholesterol; 12mg  
Sodium. Exchanges: 0  
Grain(Starch); 0 Lean Meat; 0 Fat;  
0 Other Carbohydrates.