

Honey Chicken

Tina Holland

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Servings: 4

*1 whole chicken, cut into
pieces
1/3 cup honey
1/3 cup soy sauce
1 teaspoon sesame seeds*

Preheat the oven to 350 degrees.

Place the chicken pieces in a baking dish.

In a bowl, mix the honey and soy sauce. Pour over the chicken.

Sprinkle with sesame seeds.

Bake for one hour or more.

Per Serving (excluding unknown items): 659 Calories; 39g Fat (54.0% calories from fat); 49g Protein; 26g Carbohydrate; trace Dietary Fiber; 235mg Cholesterol; 1542mg Sodium. Exchanges: 0 Grain(Starch); 6 1/2 Lean Meat; 1/2 Vegetable; 3 1/2 Fat; 1 1/2 Other Carbohydrates.