

Kotta Riganati (Greek)

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

*2 to 3 pound whole chicken
1/2 cup olive oil
1/4 cup lemon juice
2 teaspoons salt
4 tablespoons margarine
2 cups tomatoes, drained
and cut up
1 teaspoon pepper
1 tablespoon dried oregano
leaves
salt (to taste)
cooked rice*

Preheat the oven to 375 degrees.

In a bowl, combine the oil, lemon juice and salt. Mix well. Rub the chicken cavities and outside with the mixture. Place the chicken and remaining mixture in a baking dish, breast side up.

Bake, uncovered, for 30 minutes.

In the meantime, melt the margarine in a small saucepan. Add the tomatoes, pepper, oregano and salt. Cook for 5 to 10 minutes. Pour the sauce over the chicken.

Reduce the oven temperature to 350 degrees.

Bake for an additional 30 to 40 minutes, basting frequently.

Serve the chicken and sauce with rice.

Carve the chicken at the table, if desired.

Greek chicken recipe.

Per Serving (excluding unknown items): 5913 Calories; 465g Fat (71.6% calories from fat); 38g Protein; 27g Carbohydrate; 5g Dietary Fiber; 1883mg Cholesterol; 6295mg Sodium. Exchanges: Grain(Starch); 52 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 60 Fat.