

Sunday Chicken

Betty B Chapman - Brandon, FL
Treasure Classics - National LP Gas Association - 1985

Servings: 6

*6 pieces chicken breast
3 tablespoons grated
orange rind
1 1/2 cups unseasoned
bread crumbs
1 teaspoon salt
1/4 teaspoon pepper
1 cup orange juice
1 cube chicken bouillon
1/2 cup margarine
3/4 cup honey
1/2 cup coconut*

Preparation Time: 45 minutes**Bake Time: 1 hour**

Preheat the oven to 350 degrees. Line a 10x14-inch baking dish with foil.

Skin, wash and drain the chicken. Lightly toast the coconut under the broiler.

In a bowl, mix the bread crumbs, orange rind, salt and pepper. Dip the chicken in 1/2 cup of orange juice, then roll in the bread crumb mixture and place, bone side down, in the baking dish. Bake for 30 minutes.

Bring the remaining orange juice to a boil over medium heat. Add the bouillon cube, margarine and honey. Stir over low heat until the margarine melts. Set aside.

After the chicken has baked for 30 minutes, remove from the oven and sprinkle with the toasted coconut. Drizzle the honey mixture over the chicken. Return the chicken to the oven.

Bake for another 30 to 40 minutes (depending on the size of the pieces). Baste two or three times while cooking.

Serve with fruit garnish and your favorite vegetables.

Serve, refrigerate or freeze.

Per Serving (excluding unknown items): 812 Calories; 44g Fat (49.3% calories from fat); 62g Protein; 41g Carbohydrate; 1g Dietary Fiber; 186mg Cholesterol; 966mg Sodium. Exchanges: 0 Grain(Starch); 8 1/2 Lean Meat; 1/2 Fruit; 3 1/2 Fat; 2 1/2 Other Carbohydrates.