

Sweet and Sour Baked Chicken

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

Servings: 6

*3 whole chicken breasts,
split, skinned & boned
4 tablespoons margarine
2 onions, coarsely chopped
1 can (15-1/2 ounces)
crushed pineapple,
undrained
1 jar (6 ounce) maraschino
cherries, drained and sliced
1/4 cup light brown sugar
5 tablespoons cider vinegar
1/4 cup soy sauce
dash garlic salt
2 1/2 tablespoons
cornstarch
2 cups chicken broth
salt (to taste)
pepper (to taste)
2 green peppers, cut into
squares
cooked rice*

Preheat the oven to 300 degrees.

Saute' the chicken in margarine until slightly browned. Add the onion and cook until soft. Add the pineapple with juice and the cherries. Set aside.

In a saucepan, blend the brown sugar, vinegar, soy sauce, garlic salt and cornstarch until smooth.

Add the broth and cook over low heat, stirring constantly, until hot and bubbly. Add the salt and pepper, if necessary. Place the chicken mixture in a baking dish. pour the sauce over the top and cover (use foil, if necessary).

Bake for 1-1/2 to 2 hours.

Add the green pepper. Cover and bake an additional 30 minutes or until the chicken is tender and the green pepper is slightly soft.

Serve with rice.

Per Serving (excluding unknown items): 472 Calories; 22g Fat (41.4% calories from fat); 34g Protein; 36g Carbohydrate; 2g Dietary Fiber; 93mg Cholesterol; 1146mg Sodium. Exchanges: Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1 1/2 Fat.