

Sweet and Sour Chicken II

Evelyn Day

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Servings: 5

*3 whole skinless/ boneless
chicken breasts, cubed*

*1 bottle (8 ounce) Russian
salad dressing*

*1 envelope dry onion soup
mix*

*1 jar (12 ounce) apricot
preserves*

In a bowl, combine the Russian dressing, onion soup mix and apricot preserves. Add the chicken breasts and turn well to cover. Turn the chicken and sauce into a covered casserole dish.

Bake for 350 degrees for one hour.

Serve with rice or noodles.

(Peach preserves may be substituted for the apricot preserves.)

Per Serving (excluding unknown items): 252 Calories; 25g Fat (86.8% calories from fat); 1g Protein; 8g Carbohydrate; trace Dietary Fiber; 9mg Cholesterol; 427mg Sodium. Exchanges: 1/2 Other Carbohydrates.