

## Chicken

---

# Caribbean Chicken

Winn Dixie

**Servings: 4**

**Preparation Time: 30 minutes**

**4 split chicken breasts, rinsed and dried**

**1 egg slightly beaten**

**2 cups corn flakes**

**1/4 cup firmly packed brown sugar**

**1 tablespoon cornstarch**

**water**

**1 can (10 oz) mandarin oranges, drained, reserving juice**

**2 tablespoons frozen orange juice concentrate, thawed**

**2 tablespoons butter (optional)**

Preheat oven to 350 degrees.

Dip chicken in egg and coat with corn flakes. Place in single layer, skin side up, in a shallow baking dish coated with cooking spray or foil lined.

Bake about 1 hour or until chicken is tender, no longer pink and juices run clear. Do not cover pan or turn chicken while baking.

In a 2-quart saucepan, combine sugar and cornstarch. Add enough water to reserved mandarin orange juice to measure 3/4 cup. Stir into cornstarch mixture along with orange juice concentrate, mixing until smooth. Cook over medium heat, stirring constantly, until mixture boils. Continue cooking and stirring 3 minutes longer. Stir in margarine and mandarin oranges.

Serve hot over hot chicken.

---

Per Serving (excluding unknown items): 134 Calories; trace Fat (1.0% calories from fat); 1g Protein; 33g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 155mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Fruit; 1 Other Carbohydrates.