

Cinnamon Chicken

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Unitarian Universalist Fellowship of Vero Beach, FL 2000

Servings: 3

6 or 7 assorted chicken pieces
salt
pepper
ground cinnamon (minimum 1/4 teaspoon)
ground cloves (minimum 1/4 teaspoon)
1 1/2 tablespoons oil
1 medium onion, chopped coarsely
1 large clove garlic, minced
3/4 cup orange juice
2 tablespoons raisins
1 tablespoon capers
1/3 cup slivered almonds

In a bowl, mix the salt, pepper, cinnamon and cloves. Sprinkle the chicken with the spice mixture.

In a skillet over medium-high heat, brown the chicken on one side in hot oil. Turn the chicken, adding the onion and garlic. Cook until brown.

Add the juice, raisins and capers. Cook, covered, for about 15 minutes.

Add the almonds. Stir for 1 minute.

Serve over rice.

Per Serving (excluding unknown items): 215 Calories; 15g Fat (61.1% calories from fat); 4g Protein; 18g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 30mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 Fruit; 3 Fat; 0 Other Carbohydrates.