

Meal-In-A-Dish Chicken

Mary Furtek

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

Servings: 4

*1 three pound broiler-fryer
chicken, quartered*

1/4 cup flour

1/2 teaspoon onion powder

1 teaspoon curry powder

1 teaspoon parsley flakes

2 tablespoons salad oil

1 cup canned pineapple

2 tablespoons brown sugar

2 tablespoons vinegar

*1 teaspoon dried or fresh
chives*

8 small new potatoes, pared

*8 carrots, scraped, cut into
one-inch slices*

In a bowl, mix together the flour, onion powder, curry and parsley. Mix well. Use the mixture to coat the chicken completely.

In a large skillet with a tight-fitting cover, brown the chicken thoroughly using salad oil.

Add the pineapple juice, brown sugar, vinegar, chives, potatoes and carrots. Cover. Simmer for 45 minutes (adding water, if needed), or until the vegetables are tender and the chicken done.

Per Serving (excluding unknown items): 384 Calories; 8g Fat (calories from fat); 8g Protein; Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 68mg Sodium; Exchanges: 3 Grain(Starch); Vegetable; 1/2 Fruit; 1 1/2 Fat Other Carbohydrates.