

## CHICKEN IN FOIL LUAU STYLE

2 (3 lb.) fryers, cut in serving pieces  
 1/8 tsp. bouquet garni  
 1/8 tsp. curry powder  
 1/8 tsp. dry mustard  
 1/8 tsp. ginger  
 1/8 tsp. pepper  
 Silver foil  
 2 large onions, chopped  
 1/4 c. water  
 1/2 c. crushed pineapple (in its own juice)

Remove skin from chicken. Season chicken with herbs, curry powder, dry mustard, ginger, and pepper. Sauté onions in water until golden brown, adding more water if necessary. Place each piece of chicken on a large double fold of foil. Top each piece with a heaping teaspoon of onions and same amount of pineapple. Fold carefully so no juice will escape. Place on cookie sheet. Bake in 400° oven for 1 1/2 hours. Serves 8.

### NUTRITIONAL INFORMATION

Calories.....228	% Fat.....22	Sodium.....132mg
Total Fat.....5 g	Cholesterol.....119mg	

Above figures based on per serving basis.

## CHICKEN N' RICE

1/2 c. cooked and skinned chicken, cut into bite-size pieces  
 1 c. cooked rice  
 1 raw zucchini (unpeeled), cut into bite-size pieces  
 1 c. frozen spinach, defrosted, chopped, and drained very well  
 1/4 tsp. tarragon  
 1/4 tsp. pepper  
 1/4 tsp. paprika  
 1/4 tsp. onion powder  
 1/2 c. sherry wine

Mix all ingredients, except wine. Pour into baking dish and pour sherry wine over all. Cover and bake in 350° oven for 40 minutes. Serves 2.

### NUTRITIONAL INFORMATION

Calories.....262	% Fat.....10	Sodium.....452mg
Total Fat.....3 g	Cholesterol.....31mg	

Above figures based on per serving basis.

## MEXICAN CHICKEN

2 (3 lb.) chickens, cut up and skinned  
 Flour  
 1/4 tsp. pepper

Dredge chicken in flour that has been combined with the pepper. Place chicken in baking dish. Cover with sauce and bake, covered, 45 minutes in 325° oven.

Sauce:

1/2 tsp. chili salsa  
 1/2 tsp. chili powder  
 1/2 c. water  
 1/2 c. bell pepper, chopped  
 1/2 c. celery, chopped  
 1/2 c. green apple, chopped  
 1/2 c. onion, chopped

Mix all ingredients. Simmer sauce 15 minutes. Serves 8.

### NUTRITIONAL INFORMATION

Calories.....234	% Fat.....22	Sodium.....141mg
Total Fat.....5 g	Cholesterol.....119mg	

Above figures based on per serving basis.

## CHICKEN RATATOUILLE

6 zucchini, sliced  
 2 medium green peppers, sliced  
 6 fresh tomatoes, quartered  
 1 large eggplant, peeled and cut into chunks  
 2 large onions, sliced  
 8 boneless, skinless chicken breast halves  
 1/4 tsp. tarragon  
 1/4 tsp. pepper  
 1/4 tsp. thyme  
 1/4 tsp. paprika  
 1/2 c. sherry wine

Steam all vegetables for 15 minutes. Dredge chicken in flour seasoned with tarragon, pepper, and thyme. Arrange chicken evenly on top of vegetables and sprinkle with paprika. Bake in 325° oven, covered, for 1 hour. Last 15 minutes, remove cover; add 1/2 cup sherry wine and bake at 400°. Serves 8.

### NUTRITIONAL INFORMATION

Calories.....237	% Fat.....8	Sodium.....180mg
Total Fat.....2 g	Cholesterol.....66mg	

Above figures based on per serving basis.