
Chicken La Zaragozana

Joan Relfier - New York

North American Potpourri - Autism Directory Service, Inc - 1993

Servings: 8

8 boneless chicken breasts

3 cloves garlic, cut up

1/3 cup parsley, chopped

1 cup orange juice

1 cup raisins

1 cup dry sherry

1 cup flour

1/2 cup olive oil

1 stick butter

1/2 cup sliced almonds

1 small jar (8 ounce) Spanish olives

salt (to taste)

pepper (to taste)

Marinate the chicken in a mixture of garlic, parsley and orange juice for at least three hours. Soak the raisins in sherry for two hours or more.

Drain the chicken and reserve the marinade. Dip the chicken in flour. Season with salt and pepper.

In a skillet, brown the chicken in oil. Remove the chicken to an ovenproof paella pan. Drain the remaining oil out of the skillet. In the skillet, melt the butter. Add the raisins and sherry. Heat thoroughly. Pour the mixture over the chicken. Add the remaining marinade, almonds and olives.

Bake, covered, in a 350 degree oven for one hour. Remove the cover. Bake 15 additional minutes.

(NOTE: Spiced baked bananas is a great side dish.)

Chicken

Per Serving (excluding unknown items): 935 Calories; 57g Fat (56.9% calories from fat); 65g Protein; 32g Carbohydrate; 2g Dietary Fiber; 217mg Cholesterol; 308mg Sodium. Exchanges: 1 Grain(Starch); 9 Lean Meat; 0 Vegetable; 1 Fruit; 6 Fat.