

Hawaiian Chicken

Ingredients

12	Chicken pieces (drumsticks, thighs)
2 tbsp	Butter or margarine
1	19 oz can crushed pineapple, drained
3 tbsp	Prepared mustard
¼ cup	Honey
¼ cup	White or rose wine or sherry (optional)
½ tsp	Salt
1	Green pepper, sliced into rings
	paprika

Directions

1. Preheat oven to 350 F
2. Remove skin from chicken pieces. Arrange in a 9 x 13 baking pan.
3. In a saucepan, melt the butter or margarine over medium heat. Stir in the drained pineapple, mustard, honey, wine and salt. Heat through.
4. Spoon the sauce evenly over the chicken pieces. Sprinkle with paprika. Garnish with green pepper rings.
5. Bake, uncovered, for 45 minutes or until chicken is no longer pink. If desired, broil for the last 5 minutes of cooking time to brown a little more.

Makes 6 servings.

Source: Take Five, Program binder, Cancer Care Ontario