

Cherry Glazed Chicken

Ingredients

- 1 broiler-fryer chicken, cut up
- 1/2 cup milk
- 1/2 cup all purpose flour
- 1 teaspoon dried thyme
- Salt and pepper, to taste (used 1/4 teaspoon salt, 1/8 teaspoon pepper)
- 1 to 2 tablespoons vegetable oil
- 1 16-ounce can unsweetened tart cherries
- 1/4 cup brown sugar
- 1/4 granulated sugar
- 1 teaspoon prepared yellow mustard

Directions

Rinse chicken; pat dry with paper towels. Pour milk into a shallow container. Combine flour, thyme, salt and pepper. Dip chicken first in milk, then in flour mixture; coat evenly. Heat oil in a large skillet. Add chicken; brown on all sides. Put chicken in a 13x9x2 inch baking dish. Bake, covered with aluminum foil, in a preheated 350 degree oven 30 minutes. Meanwhile, drain cherries, reserving 1/2 cup juice. Combine cherry juice, brown sugar and granulated sugar in a small saucepan; mix well. Bring

mixture to a boil over medium heat. Add mustard; mix well. Cook 5 minutes, or until sauce is slightly thickened. Stir in cherries. After chicken has cooked 30 minutes, remove from oven and uncover. Spoon hot cherry mixture over chicken. Bake, uncovered, 15 to 20 minutes, or until chicken is tender. Serve immediately.

Makes 6

Nutrition Info

Nutrition Facts per serving: 493 cal., 26 g total fat (7 g sat. fat), 33 g carbo., 117 mg chol., 31 g pro., 1 g fiber, 231 mg sodium. Daily RDA values: 15% vit. A, 8% vit. C, 6% calcium, 20% iron.

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