



FAMILY RECIPES

The recipes in this collection are handed down from generation to generation. In almost every case, these recipes were taken from hand-written notes. Whenever it was evident that the recipe was not original, the source is mentioned. Similarities to other's recipes is purely coincidental.

MAIN DISHES | Lou's Orange Chicken

4 whole chicken breasts (halved, skinned, boned)
4 T butter, melted
1 t paprika
½ cup finely chopped onion
2 t salt
½ t dried crumbled rosemary
Pinch of pepper
2 cups orange juice
Grated rind of 1 orange

Preheat oven to 350°
Arrange breasts in glass pan
Drizzle with butter
Sprinkle with paprika

In small bowl, combine onion, salt, rosemary, pepper, orange juice and rind
Pour over breasts
Bake, uncovered, until fork tender (check after 15 minutes) basting occasionally