

## **SWEET and TANGY CHICKEN**

By Donna Harrell

4 boneless, skinless chicken breasts  
1 can of mandarin oranges  
3 tablespoons brown sugar  
enough dijon mustard to coat 4 chicken breasts  
1/4 cup orange juice  
1/8 cup of corn flake crumbs, or enough to top chicken

Pre heat oven to \*350, place chicken in 2 inch deep casserole dish, and coat with dijon mustard. Add the juice from the mandarin oranges, and the orange juice, and bake at 350 for 20 to 25 minutes, depending on the size of your chicken breasts. Turn the chicken, and sprinkle with brown sugar, corn flake crumbs, and add mandarin oranges to pan. (Optional, you can also top with slivered almonds too.) bake another 15 minutes, and then drain juice only into a sauce pan, and return chicken to oven, and reduce heat to \*250. Simmer juice in pan until it becomes reduced to a somewhat thicker sauce. (about 15 minutes or so) Remove chicken from oven and top with juice. Yummy, enjoy! Recommended serving suggestions- serve over bed of rice, or noodles.