



Our Family Recipes

Lou's Orange Chicken

(Louise Cheran Yerkes Thompson)

Main Dishes

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