

Chicken Breasts Piquant

- ~~1 lb. shrimp, fresh or frozen~~
3/4 c. Rose wine 1 tsp. ginger
1/4 c. Salad oil 1/4 tsp. oregano
1/4 c. soy sauce 1 T. brown sugar
2 T. Water 3 chicken breasts, split
1 clove garlic, sliced and skinned

Combine all ingredients as sauce. Place chicken in baking dish, and pour sauce over. ^{COVER}
Bake at 375° for 1-1 1/2 hrs., basting occasionally.
Serve w/cooked rice, and serve remaining

sauce over the rice

Delicious and low calorie
(not counting the rice)