

CHECKEN BREASTS PIQUANT

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| 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 and skinned |
| 1 clove garlic, sliced | |

Combine all ingredients as sauce. Place chicken in baking dish, and pour sauce over. Cover. Bake at 375° for 1-1 1/2 hours, basting occasionally. Serve with cooked rice, and serve remaining sauce over the rice.

Delicious and low calorie (not counting the rice.)