

From the Our Lady of Hope Kitchen

Cherry-Glazed Chicken

Ingredients:

- 1 16oz can Montmorency Tart Cherries
- 1 whole chicken, cut up
- ½ cup low-fat milk
- ½ cup all-purpose flour
- 1 tsp dried thyme
- Salt and pepper to taste
- 1 to 2 TBS vegetable oil
- ¼ cup brown sugar
- ¼ cup granulated sugar
- 1 tsp prepared yellow mustard

Directions:

- Rinse chicken, pat dry with paper towels.
- Pour milk into a shallow container.
- Combine flour, thyme, salt, and pepper.
- Dip chicken first in the milk and then the flour mixture, coat evenly.
- Heat the oil in a large skillet. Add chicken; brown on all sides. Pre-heat oven to 350°F.



Put the browned chicken in a 13”x 9”x 2” baking dish. Bake covered with foil for 30 minutes.

Drain the tart cherries reserving ½ cup of cherry juice.

Combine cherry juice, brown sugar, and granulated sugar in a small sauce pan, mix well. Bring mixture to a boil over medium heat. Add mustard and mix well. Cook 5 minutes or until the mixture is slightly thickened.

Stir in the tart cherries.

Cook chicken for 30 minutes. Remove from the oven, uncover, and spoon the hot tart cherry mixture over the chicken.

Bake uncovered 15 to 20 minutes or until the chicken is tender.

Serve immediately.