

30-Minute Chicken



PREPARATION TIME
10 minutes



COOKING TIME
20 minutes



PERFECT PARTNER
pineapple bake



Let a 20-ounce can of crushed pineapple double as a side dish. Mix leftover pineapple with 2 eggs, 2 cups bread cubes, 1 cup sugar and $\frac{1}{4}$ cup chopped butter. Bake for 45 minutes at 350°F.

SHOPPING LIST

- chicken
- crushed pineapple

ON HAND

- ketchup • brown sugar
- cider vinegar • honey
- Worcestershire sauce

INGREDIENTS

- 1 (3-pound) chicken, quartered

BARBECUE SAUCE:

- 1 cup ketchup
1/2 cup packed brown sugar
1/2 cup cider vinegar
2 tablespoons Worcestershire sauce
1/4 cup honey
1/2 cup crushed pineapple

SERVES **4**

COOK'N *Express*

- Is your ketchup stuck in the bottle? Insert a straw and turn it once or twice to get the ketchup “flow” going once again.
- If you are pressed for time and have chili sauce on hand, just mix 1 cup with the crushed pineapple. Then omit the ketchup, brown sugar, vinegar, Worcestershire sauce and honey.

Make Ahead

Debone the leftover chicken. Combine with cashews, crushed pineapple and mayonnaise for a special chicken salad.

1 For sauce, combine ketchup, brown sugar, vinegar, Worcestershire sauce and honey in a shallow dish; mix well. Reserve 1/2 cup of sauce.

◆ VARIATION

Add 1 tablespoon soy sauce and 1/4 teaspoon ground ginger to the barbecue sauce in step 1 for a subtle Oriental twist.



2 Stir pineapple into reserved sauce and set aside.



3 Preheat broiler. Roll chicken in sauce to coat. Arrange meaty sides down on broiler pan. Broil for 10 minutes.



4 Turn chicken; baste with reserved sauce. Broil for about 5 minutes longer. Turn broiler off. Top chicken with pineapple mixture. Let chicken stand under hot broiler for 5 minutes.