

CHICKEN - SUNSHINE CHICKEN

6 Servings

2 to 3 t curry powder

½ t salt

1/4 t pepper

6 chicken breast halves, boneless and skinless or 8 to 10 thighs

Wash chicken, pat dry with paper towels. Combine seasonings. Sprinkle over chicken. Rub seasonings onto all surfaces of each chicken piece and set aside. (Martha just puts it in a bowl and stirs it around.)

1-½ c orange juice

1 c Uncle Ben's Converted Brand Rice

¾ c water

1 T brown sugar

1 t dry mustard

¾ t salt

chopped parsley

In 10" skillet, combine above ingredients and mix well. Arrange chicken pieces over rice. Bring to a boil. Cover and simmer 20-30 minutes. Remove from heat and let stand covered until liquid is absorbed, about 5 min. Sprinkle with parsley.