

Chicken in Raspberry Sauce

(Serves 6)

½ cup raspberry preserves (fruit only type)
½ cup frozen pineapple juice concentrate, thawed
½ cup low salt soy sauce
2 Tbsp. rice wine vinegar
½ tsp. chili powder
½ tsp. curry powder
½ tsp. garlic powder
¼ cup fresh raspberries, mashed
6 boneless, skinless chicken breasts

Serving day: ¼ cup fresh raspberries

Cooking day instructions

Combine preserves, juice concentrate, low salt soy sauce, vinegar, chili powder, curry powder, garlic powder, and mashed raspberries. Place raspberry mixture together with chicken breasts in freezer bag and seal bag securely. Freeze, using freezer bag method. (Double bag)

Serving day instructions

Thaw chicken mixture completely and place sauce and chicken in large baking dish. Bake covered at 350 degrees for 30-40 minutes. Remove from oven, transfer chicken to serving platter, and top with pan juices. Garnish with fresh raspberries.

Hint

If fresh raspberries are not available, frozen raspberries may be substituted. Place extra in ziploc sandwich bags if needed.



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