



Marmalade Chicken Breast

4 bone-in chicken breast halves
1/8 teaspoon salt
1/8 teaspoon pepper
1/2 cup sweet orange marmalade
2 teaspoons lemon juice
2 teaspoons Dijon mustard
1/2 teaspoon Worcestershire sauce
1/8 teaspoon garlic powder
1 teaspoon curry powder

1. Remove wrapper from chicken. **Wash hands using soap and warm water.** Place chicken breast halves (bone side down) in an 8 X 11.5 baking dish. **Be sure to wash your hands again after handling the raw chicken.**
 2. Sprinkle salt and pepper over the chicken
 3. In a bowl, combine the marmalade, lemon juice, mustard, Worcestershire sauce, garlic powder, and curry powder. Blend well.
 4. Pour the marmalade mixture over the chicken and cover tightly with aluminum foil. **Place the chicken on the bottom shelf of the refrigerator** and allow the chicken to marinate for 1 to 2 hours.
 5. Heat the oven to 375°F. Bake the chicken, covered, in the preheated oven for 30 minutes. After 30 minutes remove the foil and baste the chicken. **Insert a cooking thermometer into the thickest part of the largest breast. Be sure the thermometer is not touching the bone.** Continue baking, uncovered, basting every 10 to 15 minutes. **When the internal temperature reaches 165°F it will be time to enjoy.**
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Additional Food Safety Notes Related To This Recipe

- Be sure the refrigerator is no warmer than 40°F.
- Always store raw chicken on the bottom shelf of the refrigerator, away from fresh produce, ready-to-eat foods, and cooked foods (leftovers). Place the chicken package on a pan or plate to catch any juices that may drip.
- Defrost frozen chicken on the bottom shelf of the refrigerator. Place the chicken package on a plate or a pan to catch any juices that may drip. This method of defrosting usually takes 1 day.
- Wash hands correctly before and after handling raw poultry.
 - Moisten hands with warm water and apply soap.
 - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
 - Rinse hands and dry with a clean towel.
- Keep food out of the "Danger Zone".
 - Raw chicken should not be out of the refrigerator for longer than 2 hours.
 - You have 1 hour to put any leftovers into the refrigerator.
- When storing chicken leftovers, divide the chicken into small portions. Place into a clean, airtight storage container. Do not forget to label the container with the name and the date before putting in the refrigerator.
- When reheating leftover chicken be sure to use a cooking thermometer. Reheated chicken needs to reach a temperature of 165°F.

Recipe Source

<http://southernfood.about.com/od/bakedchicken/r/Marmalade-Chicken-Breasts.htm>