



MABS' PLUM WONDERFUL CHICKEN®

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| 2 1/2 -3 lbs chicken thighs | 2 TB olive oil |
| 1/4 cup chopped onion | 1 clove garlic, minced |
| 1 tsp grated fresh ginger root | 1/3 cup plum sauce |
| 1/4 cup frozen lemonade concentrate | 2 TB soy sauce or Tamari |
| 1/4 cup MABS' ATOMIC MUSTARD | |
| 2 TB light brown sugar | 1 TB lemon juice |

Brown chicken in batches in hot oil over medium heat, about 10 minutes. Remove and place in 3 qt. baking dish. Drain off all but 1 TB fat in skillet; add onion, garlic, and ginger. Cook until onion is tender. Stir together remaining ingredients. Carefully stir into onion mixture, bring just to boiling. Reduce heat and simmer, covered, for 5 minutes. Spoon mixture over chicken in dish. Bake, uncovered, at 375° for 40-45 minutes or until chicken is done, spooning sauce over top occasionally.

Delicious with basmati rice and green peas.

FROM THE KITCHEN OF  **MABS'**
ATOMIC MUSTARD