



Ingredients:

6 boneless skinless chicken breasts
1 cup flour
1 tsp. paprika
1 medium onion, sliced
1 bell pepper, sliced
2 tbsp. brown sugar
1 can crushed pineapple, undrained (chunks)
salt and pepper to taste
soy sauce (optional)

Directions:

Mix flour and spices. Add chicken and coat well. Place chicken in 9x13" pan that has been

Pineapple Chicken (Kurczak w ananasie)

sprayed with oil. Bake at 400°F for about 25 minutes. Turn chicken over. Pour pineapple over chicken, then place onion and peppers on top. Sprinkle sugar over all. Add soy sauce to taste if desired. Bake at 375°F for 45 minutes. Tastes good with rice :)