

## Dutch Oven Pineapple Chicken Recipe

<b>Required:</b>	
<b>Ingredients:</b>	1/4 cup flour 2/3 cup light molasses 1 tsp salt 1/4 tsp pepper 6 chicken breasts 1 Tbsp prepared mustard 2 Tbsp oil 1 Tbsp cider vinegar 1 8oz. can sliced pineapple 1 16oz. can sweet potatoes, drained rice or noodles
<b>Notes:</b>	Main course
<b>Instructions:</b>	Preheat Dutch oven to 350 degrees. Heat oil. Combine flour, salt and pepper in plastic bag. Slice chicken breasts into strips. Coat chicken breasts in flour mixture. Brown in hot oil. Drain pineapple, pouring juice into mixing bowl. Mix pineapple juice, molasses, mustard, and vinegar. Place chicken and potatoes in Dutch oven. Brush with half of the sauce. Cover and bake for 30 minutes. Top with pineapple, brush with remaining sauce, cook 30 minutes more. While cooking last 30 minutes, prepare rice or noodles so it is ready at the same time.