



Sunshine State Chicken Twist

- 3 lb Boneless Chicken tenders**
- 1 (12 oz) Can orange juice conc., at room temperature**
- 4-5 T soy sauce**
- 1 heaping T cornstarch**
- 1 T minced garlic**
- Salt & pepper to taste**
- 1 lb Twist macaroni noodles, boiled and drained**

Bake chicken in orange juice conc. at 350 until completely cooked. Drain juice from baking pan into a sauce pan. Cut chicken tenders into bite size pieces. Add soy sauce, garlic, salt and pepper to orange juice mixture; stir to mix. Add cornstarch and heat to rolling boil. Let boil 3 minutes until mixture looks “clear.” Combine chicken, macaroni, and sauce; serve hot!

Meredith Curtis

We were having a Luau at the church. I was out of grocery money because it was the end of the month and we had few ingredients on hand to make something “tropical.” We did, however, have OJ and soy sauce, so this is what I made. We loved it—it is very sweet!