

Nutrition Facts (Serving size ¼ recipe): Calories–190; Protein–25g; Carbohydrate–9g; Total Fat–5g; Saturated Fat–1g; Cholesterol–75mg; Fiber–0g; Sodium–280mg; Vitamin C–40%; Vitamin A–2%; Iron–4%; Calcium–2%

Source Washington State University Extension Food Sense

1. Cut each chicken breast into 3 parts. Pat chicken pieces dry. Sprinkle with salt, pepper, and paprika.
2. Add oil to medium skillet over medium-high heat. Add chicken and cook until brown, about 3 minutes. Turn, brown other side. Remove chicken from pan and set aside.
3. Add orange juice to the pan, and scrape up any bits from the bottom of the pan. Add honey, orange rind, and tarragon. Cook uncovered, until sauce is reduced to about ½ cup.
4. Return chicken with juices into pan. Turn to coat with sauce and serve warm.



Directions

Prep time: 10 minutes | Cook time: 10 to 15 minutes | Number of servings: 4

Chicken Breast with Orange Sauce

- 1 pound skinless, boneless chicken breast
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon paprika
- 2 teaspoons canola oil
- 1½ teaspoons grated orange rind
- 1 cup orange juice
- 1 teaspoon honey
- Optional** 1½ teaspoons dried tarragon

THRIFTY MAIN DISHES

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