

# Orange Chicken

*Makes: 4 servings*  
*Prep time: 10 minutes*

*Serving size: 1 chicken breast*

## Ingredients

Cooking spray  
4 4-ounce boneless, skinless chicken breasts  
3 tablespoons sugar  
¼ cup water  
2 tablespoons apple cider vinegar  
1 ½ cups fresh orange juice  
2 tablespoons grated orange peel  
2 tablespoons shallots, minced (1 small shallot)  
1 ½ cups fat-free, reduced-sodium chicken broth

## Instructions

- 1** Preheat oven to 350°.
- 2** Coat a shallow baking dish with cooking spray. Arrange chicken breasts in the bottom of the pan and bake for 30 minutes.
- 3** In a medium saucepan, mix sugar and water over medium heat until sugar dissolves. Bring to a boil and boil until syrup begins to caramelize, about 6 minutes. Whisk in vinegar, orange juice, orange peel, and shallots. Boil until reduced by half, about 15 minutes.
- 4** Add broth and boil another 20-25 minutes until reduced to about 1 cup liquid. Pour ¼ cup sauce over each breast.

## Exchanges

3 Very Lean Meat

1 ½ Carbohydrate

## Nutrition content per serving

**Calories** .....224

Calories from fat.....27

**Total Fat**.....3 g

Saturated Fat.....1 g

**Cholesterol**..... 68 mg

**Sodium**.....249 mg

**Total Carbohydrate**.....21 g

Dietary Fiber.....0 g

Sugars.....19 g

**Protein**.....27 g

*Providing guidance and support to make the "healthy choice the easy choice!"*



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