



Chicken Breast with Orange Sauce

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

- 1 pound skinless, boneless chicken breast
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon paprika
- 2 teaspoons canola oil
- 1 ½ teaspoons grated orange rind
- 1 cup orange juice
- 1 teaspoon honey
- Optional** 1½ teaspoons dried tarragon

Directions

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.



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

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Chicken Breast: A Great Time and Money Saver!

- Chicken breast is a good budget choice for lean protein. There is no waste and it cooks in minutes!
- At \$3.00 per pound, a standard 2- to 3-ounce portion only costs \$0.50 cents, and a 4-ounce portion costs \$0.75 cents.
- Chicken breast absorbs the great flavors of fruit and vegetable sauces.
- Try Salsa Chicken: After browning chicken pieces, top with your favorite salsa, cover and heat through. Serve with rice and green salad.

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DSHS Community Service Office.

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Nutrition Education for Audiences with Limited Resources



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