

**Chicken**

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# Honey Orange Chicken

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**Servings: 4**

**Preparation Time: 11 minutes**

**Start to Finish Time: 11 minutes**

**2 tablespoons flour**

**1/4 teaspoon salt**

**4 5-ounce boneless/ skinless chicken breast Halves, tender removed**

**2 teaspoons oil**

**1 teaspoon freshly grated orange peel**

**1/2 cup fresh orange juice**

**1/2 cup 99% fat-free chicken broth**

**1 tablespoon honey**

**1 teaspoon minced garlic**

**1/4 cup parsley, chopped**

Mix the flour and salt in a ziptop plastic bag.

Add the chicken and shake to coat.

Heat the oil in a large nonstick skillet over medium-high heat. Add the chicken and cook, turning once, for 5 minutes or until golden and the meat is opaque at the center. Remove to a serving plate.

Place the orange peel, orange juice, broth, honey and garlic in the skillet. Bring to a boil. Boil 4 minutes or until slightly thickened.

Stir in the parsley.

Spoon the sauce over the chicken.

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Per Serving (excluding unknown items): 67 Calories; 2g Fat (31.4% calories from fat); 1g Protein; 11g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 136mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.