

Chicken

Orange Chicken with Capers

Integrated Marketing Services, Apopka, FL

Servings: 4

Preparation Time: 15 minutes

Cook time: 15 minutes

4 (5 to 6 ounce) boneless/ skinless chicken breasts

3 tablespoons flour

salt (to taste)

freshly ground pepper (to taste)

3 tablespoons butter

3/4 cup chicken broth

1 large or 2 small seedless oranges, peeled and sectioned

1 to 2 tablespoons small capers, drained

2 teaspoons orange zest

Place the chicken between two layers of plastic wrap. Using a meat mallet, pound the chicken to an even thickness.

Place the flour in a large resealable plastic bag. Season with salt and pepper to taste.

Add the chicken. Seal the bag and shake lightly to coat.

In a large nonstick skillet, melt the butter over medium-high heat.

Remove the chicken from the bag. Reserve the flour. Add the chicken to the pan.

Cook for 4 to 5 minutes per side or until browned.

In a small bowl, combine the broth with the reserved flour.

Push the chicken to the edge of the skillet.

Add the broth mixture, oranges and capers. Stir lightly. Spoon over the chicken.

Reduce the heat to medium-low.

Cook, covered, for 5 minutes or until an instant-read thermometer inserted into the chicken registers 165 degrees, and the sauce is slightly thickened.

Stir in the orange zest.

Spoon the sauce over the chicken and serve.

Per Serving (excluding unknown items): 106 Calories; 9g Fat (75.5% calories from fat); 2g Protein; 5g Carbohydrate; trace Dietary Fiber; 23mg Cholesterol; 231mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 1/2 Fat.