

Chicken

Orange Picante Sauce Chicken

Cooking Light

Servings: 4

Preparation Time: 10 minutes

Start to Finish Time: 20 minutes

1 tablespoon vegetable oil
4 boneless/skinless chicken breasts
2 cloves garlic, minced
1/4 cup orange juice
1 tablespoon brown sugar
3/4 cup Picante Sauce
3 cups long-grain white rice, cooked

Heat vegetable oil in 10-inch skillet over medium-high heat. Place chicken in skillet; cook 10 minutes or until well browned on both sides. Remove chicken from skillet and reduce heat to medium.

Add garlic to skillet. Stir for about 1 minute. Add orange juice, brown sugar and picante sauce. Heat to a boil.

Replace chicken in skillet; cover and reduce heat to low. Cook about 5 minutes so the sauce can seep in and serve with three cups of cooked rice.

Per Serving (excluding unknown items): 569 Calories; 4g Fat (7.2% calories from fat); 11g Protein; 118g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 364mg Sodium. Exchanges: 7 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.