

Orange-Curry Chicken

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

Servings: 4

*2 whole chicken breasts, split
1 to 2 teaspoons curry powder (to taste)
1 1/3 cups fresh orange juice
1/4 cup fresh lemon juice
2 teaspoons honey
1/2 to one teaspoon dry mustard (to taste)
2 tablespoons orange or lemon rind, grated
salt (to taste)
pepper (to taste)
orange slices (for garnish)
minced parsley (for garnish)*

Preheat the oven to 375 degrees.

Rub the chicken breasts with curry powder and arrange, skin side down, in a baking dish.

In a small saucepan, combine the orange juice, lemon juice, honey, dry mustard, orange rind, salt and pepper. Simmer for 5 minutes. Pour the sauce over the chicken.

Bake, uncovered, for 30 minutes. Turn the chicken.

Bake, uncovered, an additional 20 to 30 minutes or until the chicken is tender and brown.

Serve garnished with orange slices and minced parsley.

If the chicken breasts are skinned, grease the baking dish. One to two teaspoons of prepared mustard may be substituted for mustard powder.

Per Serving (excluding unknown items): 301 Calories; 14g Fat (41.2% calories from fat); 31g Protein; 13g Carbohydrate; trace Dietary Fiber; 93mg Cholesterol; 92mg Sodium. Exchanges: 4 Lean Meat; 1/2 Fruit; 0 Other Carbohydrates.