

Chili-Orange Chicken

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Servings: 4

Preparation Time: 10 minutes

Cook time: 7 hours

The sauce can be spiced up by adding 1/4 teaspoon or more of crushed chipotle chile pepper to the sauce.

3/4 cup mild enchilada sauce

1/4 cup barbecue sauce (such as Sweet Baby Ray's Honey Chipotle)

1 tablespoon salt-free chili powder

1 teaspoon ground cumin

4 (2 3/4 lb total) bone-in chicken breasts, skin removed

3 tablespoons orange marmalade

1/2 cup chopped cilantro

2 teaspoons orange zest, grated

Mix the enchilada sauce and barbecue sauce (and crushed chipotle chili pepper, if desired) in a 6-quart or larger slow cooker.

Mix the chili powder and cumin in a small cup. Rub all over the chicken. Put the chicken in the slow cooker and turn to coat with the sauce.

Cover and cook on HIGH for 3 to 4 hours or on LOW for 5 to 7 hours until the chicken is cooked through.

Turn off the cooker. Remove the chicken to a serving platter.

Stir the marmalade into the sauce until blended.

Stir in the cilantro and orange zest, then pour over the chicken.

Per Serving (excluding unknown items): 40 Calories; trace Fat (2.3% calories from fat); trace Protein; 10g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Fat; 1/2 Other Carbohydrates.