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DIET CENTER

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MAPLE-ORANGE CHICKEN

Basic Lifestyle

Ingredients

3/4 cup orange juice
1/4 cup dry white wine
1/2 cup sugar-free maple syrup
4 skinless, boneless chicken breasts
1/2 TSP Morton's Lite salt
1/2 TSP freshly ground black pepper
cooking spray

Instructions

1. Bring orange juice, wine and maple syrup to a boil in a small saucepan. Reduce heat and simmer until thickened, about 8 minutes, stirring constantly.
2. Sprinkle chicken with salt and pepper.
3. Coat large nonstick pan with cooking spray. Sauté chicken over medium heat until lightly browned (about 5 minutes per side).
4. Pour orange-maple mixture over chicken. Reduce heat, cover, and cook until chicken is done, about 10 minutes.
5. Spoon glaze over chicken and serve.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 1 chicken breast = 1 P, 1/2 FR