



MAPLE-ORANGE CHICKEN

Basic Lifestyle

INGREDIENTS

3/4 cup orange juice
1/4 cup dry white wine
1/2 cup "lite" or 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

—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.

—Sprinkle chicken with salt and pepper.

—Coat large nonstick pan with cooking spray. Sauté chicken over medium heat until lightly browned (about 5 minutes per side).

—Pour orange-maple mixture over chicken. Reduce heat, cover, and cook until chicken is done, about 10 minutes.

—Spoon glaze over chicken and serve.

SERVING INFO: (Yields 4 servings)

1 chicken breast + 4-5 TBS glaze = 1 P