

Chicken a l'Orange

2 chicken breasts, skinless & boneless
1 cup chicken broth, low sodium
1 cup orange juice, fresh or from concentrate
1 tbsp cornstarch
1 tbsp water
1 tbsp orange zest
freshly ground pepper

- In a small, deep pan place chicken, broth and orange juice. Cover and heat to a gentle boil. Immediately lower heat and gently simmer for 30 minutes, turning after 15 minutes.
- Remove chicken and keep warm.
- Make paste with cornstarch and water. Add to orange juice mixture. Cook, stirring frequently, until slightly thickened. Stir in orange zest. Pour sauce over chicken and serve.
- Season with pepper. Makes 2 servings.

Recipe by Gary Barone.