

# Orange-Sauced Chicken



Prep Time  
**8 Mins**

Cook Time  
**10 Mins**

Yield  
**2 servings (serving size: 1 chicken breast half and about 1/4 cup sauce)**



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Orange-Sauced Chicken is a super-fast supper (think 10 minutes!) that's rich with flavor, yet only has around 200 calories per serving—which means you don't have to feel bad about going in for seconds. Orange juice, chicken broth, orange marmalade, and fresh lemon juice combine to make a truly irresistible sauce for chicken breasts dredged in Italian-style breadcrumbs. Orange marmalade can be found near the jams and nut butters at your local grocery. Serve over sticky white rice with mixed vegetables on the side. This is such a simple chicken recipe that is also impressive.

## Ingredients

1/4 cup fresh orange juice

1/4 cup fat-free, less-sodium chicken broth

1 tablespoon orange marmalade

1 teaspoon fresh lemon juice

3/4 teaspoon cornstarch

1/8 teaspoon dried crushed rosemary

1/8 teaspoon salt

1/4 teaspoon freshly ground black pepper

2 (4-ounce) skinless, boneless, chicken breast halves

1 tablespoon Italian-seasoned breadcrumbs

1 teaspoon olive oil

Cooking spray

1 teaspoon chopped fresh flat-leaf parsley

## How to Make It

**Step 1** Combine first 8 ingredients in a medium bowl, stirring with a whisk.

**Step 2** Dredge chicken in breadcrumbs.

**Step 3** Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat. Add chicken, and cook 3 to 4 minutes on each side or just until lightly browned on both sides. Add broth mixture; cover, reduce heat, and simmer, stirring occasionally, 4 to 5 minutes or until chicken is done. Sprinkle with parsley.

## Chef's Notes

Serve with a teriyaki-glazed vegetable side like broccoli for the perfect at-home Asian cuisine-inspired meal.

## Cooking Light Superfast Suppers

## Nutritional Information

Calories 204, Caloriesfromfat 17%, Fat 3.8g,  
Satfat 0.7g, Monofat 2.1g, Polyfat 0.6g,  
Protein 27.4g, Carbohydrate 14g, Fiber 0.4g,  
Cholesterol 66mg, Iron 1.2mg,  
Sodium 398mg, Calcium 27mg.