

Ginger Chicken

Serves 4

1 Tbsp grated orange peel
½ cup orange juice
¼ cup honey
1 diced shallot
3 cloves minced garlic
1 1/2 TBSP grated fresh ginger
1 pound boneless, skinless chicken breasts

Combine all ingredients except chicken in a shallow pan. Add chicken and marinate at least 30 minutes or overnight, turning to coat both sides. Use broiler or grill. Place chicken on broiling rack or grill coated with cooking spray. Reserve marinade in small saucepan. Cook chicken until done (inside temp on meat thermometer of 170 degrees). While chicken is cooking bring marinade to a boil. Reduce heat and simmer till thickened, about 5 minutes. Place chicken on plates and pour marinade over chicken.

Per serving:
273 calories
36 g protein
23 g carbohydrates
4 gf at
1 g sat fat
96 mg cholesterol
348 mg sodium

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