

## Maple Orange Chicken

Serves 4

1-1 1/2 pounds boneless, skinless chicken breasts  
3 tbsp water  
3 tbsp maple syrup  
2 tbsp low sodium soy sauce  
2 tbsp cider vinegar  
1 1/2 tsp grated orange peel

Heat large nonstick skillet over medium heat  
Coat pan with cooking spray  
Add chicken and cook 6 minutes on each side or until done  
Meanwhile combine remaining ingredients  
Add to pan and cook 1 minute turning chicken to coat  
Serve with sauce

Per serving:  
233 calories  
12 g carbohydrates  
36 g protein  
2 g fat  
1 g sat fat  
96 mg cholesterol  
263 mg sodium