



ROSEMARY ORANGE CHICKEN

Ingredients:

4 boneless skinless chicken breasts (about 3.5 oz each)
1 c. 100% orange juice
1 c. fat-free chicken broth
1 ½ Tbsp. chopped rosemary leaves

Instructions:

1. Combine OJ, rosemary, and broth into a skillet and simmer for 5 min.
2. Add the chicken and poach for 5-8 minutes or until thoroughly cooked.

Nutritional Information:

- Servings: 3
- Servings size: 3 oz
- Calories: 170 kcal
- Fat: 3 g
- Carbohydrates: 6 g
- Fiber: 0 g
- Protein: 29 g