

Keys-Style Citrus Chicken

Simple Every Day | May 2008



The bright, refreshing flavors of ginger, fresh lime, and just-warmed-through oranges spark this quick-to-fix chicken dish.

START TO FINISH: 18 MINUTES

- 4 SKINLESS, BONELESS CHICKEN BREAST HALVES (ABOUT 1¹/₄ LB. TOTAL)
SALT AND GROUND BLACK PEPPER
- 3-4 CLOVES OF GARLIC, PEELED AND THINLY SLICED
- 2 TBSP. BUTTER OR MARGARINE
- 1 TSP. FINELY SHREDDED LIME PEEL
- 2 TBSP. LIME JUICE
- 1/4 TSP. GROUND GINGER
- 1/8 TSP. CRUSHED RED PEPPER
- 2 ORANGES
HOT COOKED BROWN AND WILD RICE WITH CHOPPED FRESH SPINACH (OPTIONAL)
STEAMED ASPARAGUS AND RED PEPPER STRIPS (OPTIONAL)

Sprinkle chicken lightly with salt and pepper. In a large skillet cook chicken and garlic in butter over medium heat for 10 to 12 minutes or until chicken is tender and no longer pink, turning chicken once and stirring garlic occasionally. Meanwhile, in a small bowl combine lime peel, lime juice, ginger, and red pepper; set aside. Peel oranges, reserving juice. Cut oranges in half lengthwise, then cut crosswise into slices. Add any reserved orange juice and the lime-juice mixture to skillet. Place orange slices on top of chicken. Cook, covered, for 1 to 2 minutes or until oranges are heated through. Spoon any reserved drippings over chicken. Serve with hot cooked rice and steamed asparagus and red pepper strips, if desired. Makes 4 servings.

Per serving: 243 cal., 8 g fat (4 g sat. fat), 97 mg chol., 261 mg sodium, 9 g carbo., 2 g fiber, 34 g pro.

GO WITH THE GRAIN

A mix of brown and wild rice, with a little chopped fresh spinach stirred in at the end of cooking, makes a healthful side to this sweet and spicy chicken. Or, try barley, quinoa, or amaranth. Cook any of these grains in low-fat chicken broth for more flavor. We used Seeds of Change Seven Grain Pilaf Blend (add spinach); seedsofchange.com.