

# Salt-free doesn't have to mean flavor-free.



Chicken A l'Orange

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## CHICKEN A L'ORANGE

Cut 1 lg. fresh orange into 1/4" (1 cm) slices. Mix a 6 oz. (170ml) can of frozen orange juice concentrate (unsweetened) with 1/2 cup (125ml) of water, set aside. Over medium heat, combine 1 T. (15ml) melted butter (unsalted) and 1 T. (15ml) Mrs. Dash® Garlic & Herb Seasoning Blend. In a skillet, cook 4 skinless chicken breast halves (bone-in), for 4-5 minutes on each side until browned. Sprinkle each breast with 2 T. (30ml) Mrs. Dash® Extra Spicy Seasoning Blend and top each with a slice of orange. Lower heat, pour half of orange juice mixture into skillet, cover and simmer for 15-20 minutes or until chicken is cooked. Remove chicken. Whisk 1 T. (15ml) cornstarch into remaining juice mixture; add to pan, cook over low heat 1-2 minutes, stirring constantly until slightly thickened. To serve, pour sauce over chicken and garnish with fresh orange slices.

Preparation Time: 0:10 Cooking Time: 0:30

NUTRITIONALS: Cal.: 272, Fat: 5 g, Cholest.: 89 mg,  
Sodium: 94 mg, Carb.: 24 g, Protein: 34 g, Fiber: 2 g,  
Potassium: 727 mg



# Mrs. Dash

Why salt when you can season?