

# **Orange-Spiced Chicken**

Debra Stevens

Taste of Home Simple & Delicious - August 2011

**Servings: 4**

**Preparation Time: 10 minutes**

**Grill Time: 10 minutes**

**1/2 cup orange juice concentrate, thawed**

**1/4 cup honey**

**1/4 cup soy sauce**

**1 teaspoon Chinese five-spice powder**

**1/2 teaspoon garlic powder**

**4 5-ounce boneless skinless chicken breast halves**

In a small bowl, combine the orange juice, honey, soy sauce, five-spice powder and garlic powder.

Pour 1/2 cup of the marinade into a large resealable plastic bag.

Add the chicken. Seal the bag and turn to coat.

Refrigerate for two hours. Cover and refrigerate the remaining marinade.

Drain and discard the marinade.

Moisten a paper towel with cooking oil. Using long-handled tongs, lightly coat the grill rack.

Grill the chicken, covered, over medium heat (or broil four inches the heat) for 5 to 7 minutes on each side or until a meat thermometer reads 170 degrees.

Baste frequently with the reserved marinade.

---

Per Serving (excluding unknown items): 231 Calories; 2g Fat (7.0% calories from fat); 34g Protein; 19g Carbohydrate; trace Dietary Fiber; 82mg Cholesterol; 1122mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 1 Other Carbohydrates.