

## Chicken

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# Curry Citrus Chicken

Marcy Hall - Visalia, CA

Simple&Delicious Magazine - December 2011/ January 2012

**Servings: 4**

**Start to Finish Time: 20 minutes**

**4 (4-ounce each) boneless/ skinless chicken thighs**

**2 tablespoons onion, finely chopped**

**2 tablespoons lemon juice**

**2 tablespoons orange juice**

**2 tablespoons reduced-sodium soy sauce**

**1/2 teaspoon curry powder**

**1/2 teaspoon ground cumin**

**1/4 teaspoon poultry seasoning**

**1 1/2 teaspoons cornstarch**

**1 tablespoon cold water**

Place the chicken in a microwave-safe dish coated with cooking spray.

In a bowl, combine the onion, lemon juice, orange juice, soy sauce, curry powder, cumin and poultry seasoning. Pour over the chicken.

Cover and microwave on HIGH for 3 minutes. Turn the chicken. Cover and cook 2 to 4 minutes longer or until the chicken is no longer pink and a meat thermometer reads 180 degrees. Remove the chicken. Let stand for 1 to 2 minutes.

In a bowl, combine the cornstarch and water until smooth. Stir into the cooking juices.

Microwave, uncovered, on HIGH for 1 to 1 1/2 minutes or until thickened, stirring every 30 seconds.

Serve with the chicken.

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Per Serving (excluding unknown items): 18 Calories; trace Fat (5.9% calories from fat); 1g Protein; 4g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 301mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat.