

Chicken

Asian Orange Chicken

Taste of Home One-Dish Meals

Servings: 2

1/2 pound chicken tenderloins
1/8 teaspoon pepper
1/4 cup sweet onion, chopped
2 tablespoons orange juice
2 tablespoons reduced-sodium soy sauce
1 tablespoon olive oil
1 tablespoon hoisin sauce
1 1/2 teaspoons fresh gingerroot, minced
1 teaspoon orange peel, grated
1 clove garlic, minced
Hot cooked rice (optional)

Preheat oven to 350 degrees.

Sprinkle the chicken with pepper. Place in an 8-inch square baking dish coated with cooking spray.

In a small bowl, combine the onion, orange juice, soy sauce, oil, hoisin sauce, gingerroot, orange peel and garlic; pour over the chicken.

Bake, uncovered, for 20 to 25 minutes or until chicken is no longer pink.

Serve with rice if desired.

Per Serving (excluding unknown items): 105 Calories; 7g Fat (59.5% calories from fat); 2g Protein; 9g Carbohydrate; 1g Dietary Fiber; trace Cholesterol; 730mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.