

Chicken Breasts in Orange Sauce

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Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

Servings: 6

1/2 cup flour
1/2 teaspoon salt
1/2 teaspoon paprika
dash pepper
dash garlic powder
6 halved chicken breasts
6 tablespoons olive or salad oil
1 can (3 or 4 ounce) whole mushrooms
1 can (10-1/2 ounce) condensed cream of mushroom soup
1/2 cup chicken broth
1/2 cup orange juice
1/2 cup dry white wine (optional)
1/4 teaspoon nutmeg or mace
2 teaspoons brown sugar
2 cups carrots, sliced diagonally 1/2 inch thick

Preheat the oven to 225 degrees.

In a bowl, blend together the flour, salt, paprika, pepper and garlic powder. Coat the chicken with the mixture.

Heat oil in an electric skillet. Brown the chicken well on both sides.

Drain the mushrooms, reserving the liquid. Scatter the mushrooms over the chicken.

In a bowl, blend the soup, mushroom liquid, chicken broth, orange juice, wine (if using), nutmeg and brown sugar until smooth. Pour the soup mixture over the chicken. Cover.

Bake (or simmer in a skillet over low heat) for about 30 minutes or until the chicken is tender.

About 15 minutes before the chicken is done, stir in the carrots. Continue cooking until tender.

Per Serving (excluding unknown items): 624 Calories; 31g Fat (45.8% calories from fat); 63g Protein; 19g Carbohydrate; 2g Dietary Fiber; 186mg Cholesterol; 852mg Sodium. Exchanges: 1/2 Grain(Starch); 8 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.