

## Chicken

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# Chicken Breasts with Orange Sauce

**Servings: 6**

*Exchanges: One serving (3 oz. chicken & 1/6 sauce) = 3 low-fat meat, 1/2 bread*

**1 1/2 pounds boneless, skinless chicken breast**

**1 teaspoon salt**

**1/2 teaspoon paprika**

**1/4 cup unsaturated margarine**

**1 cup orange juice**

**1 tablespoon grated orange rind**

**1 teaspoon dried tarragon**

**1 orange, sliced**

Sprinkle chicken breasts with salt and paprika; brown lightly in margarine.

Add orange juice, rind, and tarragon.

Cook in slow oven for 30 minutes.

When done, remove chicken and cook sauce over high heat to reduce volume. Serve sauce over chicken and/or steamed rice. Garnish with orange slices.

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Per Serving (excluding unknown items): 31 Calories; trace Fat (4.1% calories from fat); 1g Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 356mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 0 Fat.