
Orange Brandy Chicken

Jill Broz

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

Servings: 3

2 tablespoons butter

4 boneless/ skinless chicken breast halves

1 tablespoon fresh rosemary, minced

salt

pepper

1/3 cup frozen orange juice concentrate, thawed

1/3 cup chicken broth

2 tablespoons brandy

orange slices (optional)

Melt the butter in a skillet over medium-high heat. Season the chicken with rosemary, salt and pepper. Add the chicken and saute' until brown, approximately 3 minutes per side.

Add the orange juice concentrate, chicken broth and brandy. Simmer until the chicken is just cooked through, approximately 5 minutes. Transfer the chicken to a plate. Cover with foil to keep warm.

Boil the pan juices until thickened, stirring occasionally for approximately 5 minutes. Spoon the sauce over the chicken. Garnish with orange slices.

Chicken

Per Serving (excluding unknown items): 478 Calories; 26g Fat (51.9% calories from fat); 42g Protein; 12g Carbohydrate; trace Dietary Fiber; 144mg Cholesterol; 285mg Sodium. Exchanges: 0 Grain(Starch); 6 Lean Meat; 1 Fruit; 1 1/2 Fat.