

Recipe for: Orange Chicken

From: Janae March

INGREDIENTS

1/2 cup orange juice

1/2 cup honey

4 boneless, skinless chicken breasts

Brown rice, cooked



Combine orange juice and honey, microwave to warm (not hot) and stir to mix well. Set aside. Prepare chicken as desired (we grill on a George Forman). Spoon some of the juice and honey mixture onto the chicken in the last 5 minutes of cooking. Serve extra sauce to be drizzled over meal. This meal is made complete by steamed broccoli.

