

# Maple Orange Chicken

Recipe © Amy Shaprio RD CDN, guest contributor

**Servings:** 4 to 6

## Ingredients:

- 1- to 1½-pounds boneless, skinless chicken breasts
- 3 Tbl. water
- 3 Tbl. maple syrup
- 2 Tbl. low sodium soy sauce
- 2 Tbl. cider vinegar
- 1 tsp. grated orange peel

## Directions:

1. Heat large nonstick skillet over medium heat.
2. Coat pan with cooking spray.
3. Add chicken and cook 6 minutes on each side or until done.
4. Meanwhile combine remaining ingredients.
5. Add to pan and cook 1 minute turning chicken to coat.
6. Serve with sauce.

## Nutrition:

 (Serving size: 4 oz. of chicken)

*calories: 170    protein: 25.8g    total carbohydrate: 10.8g    total fat: 2g  
sugar: 9g    fiber: 0g    sodium: 255mg    saturated fat: 0.4g*