



Uploaded to the VFC Website

▶▶ June 2014 ◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a A 501(c)(3) Non-Profit Organization
Tax ID #27-3820181
CA Incorporation ID #3340400
CA Dept. of Charities ID #: CT-0190794*

If Veterans don't help Veterans, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



Chicken with Honey-Orange Sauce

- 2 Navel oranges
- 2 Tablespoons all-purpose flour
- ½ Teaspoon salt, divided
- ¼ Teaspoon freshly ground pepper
- 4 Boneless, skinless chicken breasts, (about 1 1/4 pounds), trimmed and tenders removed
- 1 Cup reduced-sodium chicken broth
- 1 Tablespoon canola oil
- 1 Cup white wine
- ½ Cup golden raisins
- 2 Tablespoons honey
- 1 3-inch cinnamon stick
- ½ Cup slivered almonds, toasted

- 1) Zest and juice one orange. Remove the skin and white pith from the other orange, then halve and slice. Reserve zest and juice separately from the orange slices.
- 2) Combine flour, 1/4 teaspoon salt and pepper in a shallow dish. Dredge chicken in the flour, shaking off any excess. Transfer the remaining flour to a small bowl, add broth and whisk to combine.
- 3) Heat oil in a large nonstick skillet over medium heat. Add the chicken and cook until browned, 3 to 4 minutes per side. Transfer to a plate. Add wine to the pan and cook for 1 minute. Add the flour-broth mixture, the reserved orange zest and juice, raisins, honey, cinnamon stick and the remaining 1/4 teaspoon salt; bring to a boil. Reduce heat to a simmer, return the chicken and any accumulated juices to the pan and cook, turning the chicken once or twice, until an instant-read thermometer inserted into the thickest part of the meat registers 165°F and the sauce has thickened, 10 to 12 minutes.
- 4) Transfer the chicken to a serving platter. Discard the cinnamon stick. Spoon the sauce over the chicken and garnish with the reserved orange slices and almonds.

