

Baked Orange Chicken Breasts (serves four)

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Ingredients:

4 skinned chicken breasts
½ cup cornflake crumbs
1½ tsp. paprika
½ tsp. grated orange peel
2 tsp. basil
¼ cup egg substitute or 1 egg
2 tbsp. soy sauce
1 tsp. water
1 tbsp. Olivio spread
⅓ cup orange juice concentrate, thawed
Cooking spray

Nutritional Content by Serving

Calories 227
Carbs 13g
Sodium 405mg
Cholesterol 69mg
Fiber .3g
Fat 5.4g
Saturated Fat 1g
MUFA 3g
PUFA 1g
Protein 30.4g

Directions:

Mix cornflake crumbs, paprika, orange peel and basil in a small bag. Mix remaining ingredients in a bowl. Dip each chicken breast into liquid and then into dry mix. Place on baking sheet coated with spray and bake for 30 minutes at 375° F.

Nutritionist Recommendation!

This recipe is low in calories, very low in saturated fat and a good source of protein.