**Spiced Orange Chicken**

Dinner in less than 30 minutes!

**Ingredients**

2 boneless, skinless chicken breasts,

1/2 white onion, thinly sliced

3/4 cup orange juice with pulp

1 teaspoon ground ginger

1/2 teaspoon ground coriander

**Directions**

Season chicken to taste with salt and pepper.

Heat large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add chicken; cook 3 minutes on each side or until browned. Remove chicken from pan; keep warm. Add onion to pan. Cook until onion is tender. Stir in orange juice, ginger and coriander. Return chicken to pan. Bring to boil; reduce heat.

Simmer uncovered, 6 minutes or until chicken is cooked and sauce is thickened.

Serve with steamed broccoli or green beans sprinkled with a little shredded Parmesan.

Add a green salad and youre set!

Makes 2 servings

Nutrition Facts:

Calories 190

Total Fat 3g

Effective Carbohydrates 15g

Protein 29g

