



Citrus Glazed Chicken

From Splenda.com

- 4 (4 ounce) boneless, skinless chicken breasts
- 3 tablespoons orange juice concentrate, thawed
- 2 tablespoons fresh lemon juice
- 1/2 cup chicken broth
- 3 tablespoons SPLENDA®
- 1 1/2 teaspoons cornstarch
- 1 tablespoon unsalted butter
- 1 tablespoon chopped fresh chives
- 1 tablespoon chopped fresh parsley
- 1/4 cup almond slices, toasted

Preheat oven to 425 degrees F. Place chicken breasts on an ungreased baking sheet. Brush with one tablespoon of orange juice concentrate (reserve remaining concentrate for sauce). Bake in oven 15-20 minutes or until cooked through.

Place remaining orange juice concentrate, lemon juice and chicken broth in a small saucepan. Blend together SPLENDA® and cornstarch in a small bowl. Stir cornstarch mixture into broth. Heat over medium-high heat and simmer 8-10 minutes or until the sauce starts to thicken slightly. Remove from heat. Whisk butter into sauce. Add chives and parsley. Pour sauce over chicken breasts. Sprinkle almonds over breasts and serve. Makes 4 servings.

Nutrition information per serving: 220 calories, 28 grams protein, 7 grams fat, 9 grams carbohydrate, 220 mg sodium.



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