

Glazed Chicken

Submitted by Cindi E.

16 oz chicken breast, boneless and skinless
3 tablespoons orange juice concentrate, thawed
2 tablespoons lemon juice
1/2 cup chicken broth
3 tablespoons Splenda®
1 1/2 teaspoon cornstarch
1 tablespoon butter
1 tablespoon fresh chives, chopped
1 tablespoons, fresh parsley, chopped
1/4 cup almond slices, toasted

Preheat oven to 425 F. Place chicken on ungreased baking sheet. Brush with 1 tablespoon of orange juice concentrate (leaving the rest for the sauce). Bake for 15–20 minutes or until cooked through (internal temperature of 180). Mix together remaining orange juice, lemon juice and chicken broth in a small saucepan. Mix Splenda and cornstarch together in a small bowl, then add to the saucepan mixture. Heat over medium- high heat and simmer for 8-10 minutes. Sauce should start to thicken. Remove from heat and whisk butter into sauce. Add chives and parsley. Pour sauce over cooked chicken breasts. Sprinkle with almonds and serve. Makes 4 servings.

Nutritional information per serving: 293 calories; 39 grams protein; 11 grams fat; 7 gram carbohydrate; 125 mg sodium.