

Orange Glazed Chicken Breast

Makes 1 serving (1 protein, 1 fruit)
25 grams protein
2 grams fat
155 calories

Ingredients

- 100 grams chicken
- 1 serving **Spicy Orange Sauce** or **Sweet Orange Marinade** (recipes on our site)

Directions

1. Prepare orange sauce (*found in sauces section*).
2. Cook the chicken with the sauce in small saucepan with the juices or bake in oven at 375 degrees for approximately 20 minutes or until cooked thoroughly.
3. In a small saucepan reduce liquid until desired consistency.
4. Deglaze the pan periodically by adding water. Pour remaining mixture over chicken breast.

HCG Diet Tip

Use small amounts of garlic or onion powder as a slight thickening agent for dressings and sauces. Check the label to avoid added starches and sugars in any spices.

