

Blue is Better Recipe (Serves 6)

Orange Chicken and Veggies

Ingredients

- 6 oz. can frozen orange juice, thawed
- 3/4 c. sugar free maple syrup
- 4 tsp. canola oil
- 3/4 tsp. curry powder
- 1/4 tsp. cayenne pepper
- 1 1/2 lbs. boneless, skinless chicken breasts
- 2 medium red peppers
- 1 medium green pepper
- 3 medium zucchini
- 1 fresh pineapple peeled, cut into 1/2" slices
- 2 medium oranges, unpeeled, cut into 1/2" Slices

Preparation Instructions

1. Combine orange juice, syrup, oil, curry and cayenne. Place chicken in large resealable plastic bag and add half the marinade. Turn bag to coat. Place peppers, zucchini, pineapple and oranges in another bag with remaining marinade and turn to coat. Refrigerator all for 8 hours or overnight turning occasionally.
2. Drain chicken and discard marinade. Drain fruit and veggies, save marinade for basting. Grill all uncovered over medium heat 3 minutes each side. Baste with marinade. Continue turning and basting 6 minutes longer or until chicken juices run clear, fruit and veggies are tender and golden brown.



NUTRITION FACTS

Serving Size

1 chicken breast, 3/4 c. fruit & vegetables

Amount Per Serving:

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|---------------------------|-------|
| Calories | 320 |
| Calories from Fat..... | 45 |
| Total Fat | 5 g |
| Saturated Fat..... | 1 g |
| Cholesterol | 73 mg |
| Sodium | 71 mg |
| Carbohydrate | 40 g |
| Dietary Fiber..... | 4 g |
| Protein | 29 g |