

Seasonal Eating



Curried Orange Chicken Breasts

- 4 boneless, skinless chicken breasts
- 1 tablespoon butter, softened
- 1 tablespoon honey
- Orange zest from 1/4 orange
- 1/2 teaspoon curry powder
- 1/4 cup plus 2 Tablespoons fresh orange juice, divided
- 1 orange, peeled and cut into half cartwheel slices
- 1 1/2 teaspoons cornstarch
- Salt to taste

Clean chicken breasts and sprinkle with salt and pepper. Place in a baking dish. In a small bowl, combine butter, honey, orange zest and curry powder. Spread over chicken breasts. Pour in 1/4 cup of the orange juice. Cover with foil and bake at 400 degrees for 15 minutes. Uncover and bake for another 10 minutes. Add the orange slices on top and cook just until chicken is cooked through and oranges are warm, about 10-15 minutes. When chicken is cooked through, remove with oranges to a platter and keep warm. Transfer pan juices to small saucepot. Combine cornstarch with remaining 2 tablespoons orange juice and stir into pan juices. Cook over high heat, stirring constantly, until thickened. Season with salt to taste. Serve over chicken and oranges.