

# Orange-Glazed Chicken Skillet

## Recipe of the Month December - 2015



Serve up a skillet of chicken and vegetables loaded with vitamin A for healthy vision, particularly at night.

**Prep Time:** 30 Min

**Start to Finish:** 30 Min

**Makes:** 3 servings (1 1/3 cups each)

### INGREDIENTS

1 lb. chicken breast tenders  
1/4 teaspoon salt  
1/4 teaspoon pepper  
2 cups frozen sugar snap peas

1 cup ready-to-eat baby-cut carrots, cut in half lengthwise  
1/4 cup water  
1/2 cup orange marmalade  
1 tablespoon cornstarch

### DIRECTIONS

1. Heat 12-inch nonstick skillet over medium heat. Add chicken; sprinkle with salt and pepper. Cook 6 to 8 minutes, turning once, until brown. Remove chicken from skillet; place on plate and cover loosely with foil to keep warm.
2. To same skillet, add sugar snap peas, carrots and water. Increase heat to medium-high; cover and cook 4 to 6 minutes or until crisp-tender. Meanwhile, in small bowl, mix marmalade and cornstarch until well blended.
3. Return chicken and add marmalade mixture to skillet; cook 2 to 3 minutes longer, stirring occasionally, until chicken is no longer pink in center and sauce has thickened.



**Recipe Provides:** Meat & Beans 4oz-equivalents, Vegetables 1c

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b> 1 1/3 cup	<b>Total Fat:</b> 5 g	<b>Saturated Fat:</b> 1 1/2 g
<b>Calories:</b> 400	<b>Calories from Fat:</b> 50	<b>Carbohydrates:</b> 51 g
<b>Cholesterol:</b> 95 mg	<b>Dietary Fiber:</b> 4 g	<b>Sodium:</b> 330 mg
<b>Sugars:</b> 31 g	<b>Protein:</b> 37 g	



Recipe adapted from [www.eatbetterearly.com](http://www.eatbetterearly.com)