

## FIVE-SPICE ORANGE CHICKEN

*Adapted from Eating Well*

### Ingredients

- 1 pound raw boneless skinless chicken breast
- ¼ teaspoon salt
- 1 tablespoon plus 1 teaspoon olive oil, divided
- 1 to 2 teaspoons five-spice powder (use 2 teaspoons if you prefer spicier dishes)
- Zest from 1 orange (zest peel using a microplane or zester)

### Instructions

Set oven to 450 degrees.

Season chicken with salt. In a small bowl, combine 1 teaspoon oil, spice powder, and orange zest.

Rub mixture on both sides of chicken. Heat an oven-proof skillet on medium-high heat. Add remaining oil. Cook chicken breast until browned on bottom, about 3 to 5 minutes.

Turn chicken over and place in oven until the breast reaches 165 degrees, about 5 to 7 minutes more. Let chicken rest 5 minutes before slicing.

**Yield:** 4 servings



### **NUTRITION FACTS PER SERVING**

CALORIES: 170

PROTEIN: 24 grams

SODIUM: 250 milligrams

CARBOHYDRATE: 1 gram

FIBER: 0 grams

FAT: 8 grams

SATURATED FAT: 2 grams