

ROSEMARY ORANGE CHICKEN

Ingredients

- 4 boneless, skinless chicken breast, approx. 3.5 oz each
- 1 c. 100% orange juice
- 1 c. fat-free chicken broth
- 1 ½ Tbsp. chopped rosemary leaves

Directions

Combine OJ, rosemary and broth in a skillet and simmer for 5 min. Add the chicken broth and poach for 5-8 min. or until thoroughly cooked.

Yields: 4 chicken breasts, approx. 3 oz. each

Calories: 170

Fat: 3 g

Protein: 29 g

Carb: 6 g (0 g fiber)

Poaching is the method of cooking a meat in a liquid such as herbed water, broth, wine or milk.

It is the ultimate fat-free cooking technique that also keeps your protein moist.

Be careful to slowly simmer the meat. Boiling it will make it tough. Eggs and fish also poach well.

RECIPES



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