



## Tangy Moroccan Chicken

1 pound skinless and boneless chicken breasts split into 4 pieces  
1/2 teaspoon salt  
1/8 teaspoon black pepper  
1 teaspoon nutmeg  
1 1/2 cup orange juice  
1/4 cup honey  
1/4 cup raisins

2 tablespoons cornstarch  
2 tablespoons water  
1/4 cup sliced almonds

- Lightly flatten chicken breasts. Sprinkle both sides with nutmeg, salt and pepper.
- Combine orange juice, honey and raisins in a large skillet. Add chicken. Cover and simmer 15 – 20 minutes until chicken is tender. Remove the cooked chicken and put on a clean plate.
- In a small bowl, dissolve cornstarch in water. Stir mixture into the warm orange sauce. Cook until sauce is thickened. Return the chicken to the skillet. Stir in almonds.
- Serve chicken and sauce over couscous or brown rice prepared according to package.

### Nutritional information:

Calories: 325  
Fat: 8g  
Saturated fat: 1.5g  
Carbohydrate: 35g  
Fiber: 1.8g  
Protein: 35g