

Rosemary Chicken w/ Maple Orange Glaze

Ingredients:

- Orange Juice, 1 cup
 - Dry White Wine, 1/2 cup
 - Maple Syrup, 1/2 cup
 - Rosemary (fine chopped), 2 tsp
 - Salt, 1/2 tsp
 - Black Pepper, 1/2 tsp
 - Butter, 2 tbsp
 - Olive Oil, 2 tbsp
 - Boneless Chicken Breast, 4
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Directions:

1. Combine orange juice and wine, then bring to a boil and reduce for 5 minutes
 2. Add syrup and then continue with a low boil for 5 minutes or till it thickens
 3. Mix rosemary, salt, and pepper and then coat both sides of the chicken
 4. Melt butter and olive oil in a heavy pan and braise chicken till brown on both sides
 5. Add sauce to pan and bring to a boil then simmer till chicken is cooked through
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Yield:

Serving Size: 1 breast or thigh

Carbs:

Shelf Life: 5 Days