Crunchy Orange Curried Chicken with Potatoes and Spinach Salad

Instructions:

Don't change yet! Take out equipment.

1. Preheat **oven** to 350° F.

2. Combine orange juice, brown sugar, honey and mustard in a small bowl. Stir.

   Unravel chicken thighs and place in a large lasagna or cake pan. *Squish them together if you need to.* Spoon all the sauce evenly over chicken pieces.
   Sprinkle with spices and corn flake crumbs.

   Bake in **preheated oven**.
   Set timer 50 minutes.

3. Wash potatoes, then add to a different oven-safe pan. Drizzle with olive oil and toss until potatoes are well coated. Sprinkle with spice. Place in **oven** beside chicken.

4. Rinse spinach leaves under cold water in salad spinner and spin dry. Place in salad bowl. Slice orange wedges and toss into greens.

   Set aside in **fridge**.

   Combine mayonnaise, yogurt and poppy seeds in a small bowl in that order. Stir to blend, using a whisk or a fork, until smooth. Set aside on table.

   ...when timer rings for chicken...
   Dinner is ready.
   This has such an amazing aroma while it's cooking, that by the time you eat you feel like the journey was half the fun.

Ingredients:

Take out ingredients.

1/2 cup orange juice, unsweetened
2 Tbsp brown sugar
2 Tbsp liquid honey
1 Tbsp Dijon mustard

chicken thighs, boneless, skinless
  (1 3/4 lb or 800 g)

2 tsp curry powder
1/4 tsp pepper
1 tsp table blend seasoning, salt-free
1 cup corn flake crumbs
You can buy these already crushed in the coating mix section of your grocery store... or you can crumble them in your hand directly over the chicken in the pan.

20 baby potatoes (or cut up 4 large)
1 Tbsp olive oil, extra-virgin
1 tsp Mrs. Dash Original Seasoning

12 oz or 350 g pre-washed baby spinach
2 oranges

Healthy Poppyseed Dressing
1/4 cup mayonnaise, light
1/4 cup French vanilla yogurt, low-fat
1/4 tsp poppy seeds
You may want to whisk in a tiny bit of 1% milk if you like your dressing a bit runnier.

Oh yes...you may want to add a few croutons to your salad like we do.

Serves 4-6

DINNER IS READY IN 60 MINUTES