

fast



Orange chicken.



Herbed olives.

Asian-Style Orange Chicken

ACTIVE: 10 MIN; TOTAL: 35 MIN

4 SERVINGS

- 2 tablespoons soy sauce
 - 2 tablespoons brown sugar
 - 2 tablespoons thawed orange juice concentrate
 - 2 garlic cloves, minced
 - 1 teaspoon finely grated orange zest
 - 1 teaspoon minced fresh ginger
 - 1 teaspoon kosher salt
 - ½ teaspoon freshly ground pepper
- Four ½-pound bone-in chicken breast halves, with skin

1. Preheat the oven to 500°. In a medium bowl, combine the soy sauce with the brown sugar, orange juice concentrate, garlic, orange zest, ginger, salt and pepper. Add the chicken breasts and turn to coat. Transfer the chicken to a baking dish, skin side up.
2. Roast the chicken in the center of the oven for 25 minutes, basting with the sauce 4 times, until the chicken is just cooked through and nicely glazed. Turn on the broiler and broil the chicken until browned, about 2 minutes.

ONE SERVING 384 calories, 18.4 gm total fat, 5.3 gm saturated fat, 9 gm carb.

Herb-Roasted Olives

ACTIVE: 10 MIN; TOTAL: 25 MIN

MAKES 2 CUPS

- 2 cups mixed green and black olives (¾ pound)
- 2 tablespoons extra-virgin olive oil
- 2 garlic cloves, minced
- ¼ teaspoon dried oregano, crumbled
- ¼ teaspoon fennel seeds
- ¼ teaspoon crushed red pepper
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 1 teaspoon finely grated orange zest
- 1 tablespoon chopped flat-leaf parsley
- ½ teaspoon coarsely chopped rosemary

Preheat the oven to 450°. On a small baking sheet, toss the olives, olive oil, garlic, oregano, fennel seeds, crushed red pepper, salt and black pepper. Roast until sizzling, about 15 minutes. Transfer the olives to a bowl and toss with the orange zest, parsley and rosemary. Serve warm or at room temperature.

PER ½ CUP 211 calories, 22.6 gm total fat, 1.0 gm saturated fat, 4 gm carb.

Sweet Crunchy Mustard Chicken

ACTIVE: 5 MIN; TOTAL: 30 MIN

4 SERVINGS

- 3 tablespoons fine dry bread crumbs
- 2 teaspoons light brown sugar

1 teaspoon dried tarragon or basil

1 teaspoon kosher salt

½ teaspoon freshly ground pepper

2 tablespoons Dijon mustard

Four ½-pound bone-in chicken breast halves, with skin

Lemon wedges, for serving

Preheat the oven to 500°. In a small bowl, mix the bread crumbs, light brown sugar, tarragon or basil, kosher salt and pepper. Spread the mustard all over the chicken breast skin and sprinkle with the crumb mixture. Set the breasts, skin side up, in a 9-by-13-inch glass or ceramic baking dish and roast in the upper third of the oven for about 25 minutes, or until they are cooked through and crisp. Serve the chicken breasts hot, with lemon wedges.

ONE SERVING 365 calories, 19.0 gm total fat, 5.3 gm saturated fat, 4 gm carb.