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Posted on June 20, 2011

Orange Chipotle Chicken with Cilantro Rice

Pounding your chicken breast thin allows the orange-chipotle glaze to really stand out – a better glaze-to-chicken flavor ratio in every bite!

By Nancy S. Hughes | Photo: Yvonne Duivenvoorden

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Serves: 4
Hands-on time: 10 minutes
Total time: 16 minutes

CATEGORY:
Under 45 Minutes

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INGREDIENTS:

- 1 tsp chile powder
- 1/2 tsp ground cumin
- 1/2 tsp sea salt, divided
- 1 tsp safflower oil
- 4 boneless, skinless chicken breasts (about 1 lb), rinsed and patted dry, pounded 1/2-inch thick
- Juice 1 medium navel orange (1/3 cup orange juice)
- 2 tbsp pure maple syrup
- 1 tbsp chopped chipotle chiles in adobo sauce
- 1 tsp orange zest
- 2 cups cooked brown rice
- 1/4 packed cup chopped cilantro leaves

INSTRUCTIONS:

1. In a small bowl, combine chile powder, cumin and 1/4 tsp salt. Heat oil in a large nonstick skillet to medium-high. Tilt



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skillet to coat bottom lightly. Season both sides of chicken with chile-cumin mixture and cook for 3 minutes per side or until no longer pink in center. Remove from skillet and set aside.

2. Add orange juice and maple syrup to juice and bits left in skillet and cook for 1 minute to thicken slightly (until it measures 1/4 cup liquid), stirring constantly. Remove from heat, stir in chipotle chiles in adobo sauce and orange zest. Add chicken back to skillet, return to heat and cook for 1 minute on medium-high, turning constantly.
3. In a medium bowl, combine rice, cilantro and remaining 1/4 tsp salt. Serve chicken over rice and spoon any excess glaze over top chicken pieces.

Nutrients per serving (3 oz chicken and 1/2 cup rice): Calories: 283, Total Fat: 4 g, Sat. Fat: 1 g, Carbs: 32 g, Fiber: 2 g, Sugars: 8 g, Protein: 29 g, Sodium: 337 mg, Cholesterol: 32 mg

KEYWORDS: chicken, cilantro, rice, orange

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