

CHICKEN A L'ORANGE



INGREDIENTS

4 skinless chicken breasts
1 can pineapple drained tidbits (in own juice)
2 scallions finely chopped
6 T. Polaner's All Fruit Orange Fruit Spread (No sugar)
1 Lime (juice squeezed)
2 T. Light Soy Sauce
½ t. minced ginger
1 garlic clove, finely chopped
Paprika for color
1/3 c. fresh mint leaves for garnish

DIRECTIONS

Put all ingredients except for chicken in a bowl and mix well to make a pasty marinade. Layer a baking pan with half the mixture and lay chicken breasts on top. Spoon remaining marinade on top. Sprinkle with Paprika and bake in a pre-heated oven at 350 degrees. Bake for 20 minutes. Garnish with mint leaves. Serve with vegetable of your choice.