

HERBED CITRUS CHICKEN BREASTS

Orange juice and zest give a hint of sweetness to this dish; the herbs keep it savory. Leave the skin on during cooking to hold in the juices.

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INGREDIENTS:

- 4 boned chicken breasts (skin-on)
- 2 tablespoons dry white wine
- Grated zest of ¼ orange
- Juice of ½ orange
- 3 tablespoons olive oil
- 2 tablespoons chopped chives or shallots
- 1 tablespoon chopped fresh tarragon, or ½ teaspoon dried tarragon
- Salt and pepper, to taste

INSTRUCTIONS: Toss chicken breasts with wine, orange zest and juice, olive oil, chives or shallots, tarragon, salt and pepper. Let marinate at room temperature for 1 to 3 hours, or overnight in the refrigerator.

Cook chicken over hot coals, turning once. It should take only about 3 minutes on each side. Do not overcook.

Serves 4.

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PER SERVING: 285 calories, 53 g protein, 0 g carbohydrate, 6 g fat (2 g saturated), 146 mg cholesterol, 128 mg sodium, 0 g fiber.