

Chicken with Oranges, Leeks & Olives

This recipe is an old favorite of mine from McCall's Best One-Dish Meals. You can make it in 30 minutes or less. You could also make it ahead for company by browning the chicken breasts and holding them on a baking sheet. Continue making the sauce and take off the heat. Then finish cooking the chicken breasts in the oven for 10 minutes while warming the sauce. It would be nice served with some rice or orzo on the side.

2 Tbs	flour	1 tsp	cumin
3 tsp	grated orange zest	¼ tsp	crushed red-pepper flakes
1 tsp	salt	2 cups	tomatoes, chopped (2 medium)
1 pound	4 boneless, skinless chicken breast halves	½ cup	chicken broth
2 Tbs	olive oil	2 medium	oranges, peeled, sliced and seeded, white pith removed
2 cups	leeks, sliced and rinsed well (white & light green part from 3-4 leeks)	⅓ cup	nicoise olives, pitted and halved

- 1 In shallow pie plate, combine the flour, 2 teaspoons of the orange zest and ½ teaspoon of the salt. Dip each chicken breast half into the flour mixture until the chicken is completely coated; shake off the excess mixture.
- 2 In a large skillet over medium-high heat, heat the olive oil. Add the chicken breasts and saute about 3 minutes on each side or until the chicken is browned but not cooked all the way through. Transfer the chicken to a baking sheet and finish in the oven at 350° for 5-10 minutes or until the meat is no longer spongy when touching it.
- 3 In the drippings remaining in the skillet, saute the leeks, cumin, red-pepper flakes and the remaining salt about 4 minutes or until the leeks are softened. Add the tomatoes, chicken broth and the remaining 1 teaspoon of orange zest. Simmer the mixture for 5 minutes. Stir in the orange slices and nicoise olives and heat the mixture through. Pour the mixture over the chicken.

Servings: 4

Total Time: 30 minutes

Oven Temperature: 350°F

Nutrition Facts

Nutrition (per serving): 317 calories, 100 calories from fat, 11.3g total fat, 65.8mg cholesterol, 906.6mg sodium, 794.1mg potassium, 25g carbohydrates, 4.4g fiber, 12.8g sugar, 29.7g protein.

Source

Author: McCall's Best One-Dish Meals

