



Spiced honey-cranberry chicken

1 c. brown rice
zest 1 orange
juice 1 orange
1 tsp. sweet paprika
1 tsp. sea salt, divided
1 c. whole cranberries, fresh or frozen
1 Tbsp. olive oil
1 lb. chicken breast, cut into 4 equal portions
2 Tbsp. raw honey
1 tsp. ground mustard
1 tsp. dried sage

Cook rice according to package directions, first adding zest to pot when you add water. When rice is cooked through, remove from heat and stir in orange juice, paprika, and 1/2 tsp. salt.

Chop cranberries and set aside. Heat oil in a large skillet on medium for 1 minute. Add chicken, swirl to coat in oil and sauté for 3 minutes or until chicken begins to turn golden brown. Flip breasts over and cook for another 3 minutes.

Add cranberries, honey, 1/4 c. water, mustard, sage, and remaining 1/2 tsp. salt to chicken. Reduce heat to low, cover, and simmer for 12 minutes. Cut into thickest part of breast to be sure chicken is done. If still pink, continue cooking for 2-3 minutes.

Remove chicken from pan with a slotted spoon and set aside. Continue cooking sauce for another 10 minutes or until it has reduced to a thick paste. Mound out 3/4 c. rice onto each of 4 plates. Serve 4 oz. chicken topped with 1 Tbsp. cranberry sauce.

adapted from Clean Eating

