



Orange ginger chicken

3/4 c. orange juice, divided
3 Tbsp. honey, divided
1/2 tsp. ginger, divided
1/2 yellow onion, sliced
1 tsp. Sucanat
1 chicken breast
salt & pepper to taste
1/2 c. brown rice

Combine 1/4 c. orange juice, 1 Tbsp. honey, and 1/4 tsp. ginger in a small saucepan over low heat. Stir until completely mixed. Pour into a shallow bowl. Slice chicken breast in half lengthwise (making it "flatter"), and season with salt and pepper. Marinate chicken in orange/honey/ginger mixture in the fridge for 1 hour.

Start making rice just before baking chicken.

Place chicken breast halves in a baking dish, along with onion slices. Pour marinate over chicken, cover pan with aluminum foil and bake at 350° for 25 minutes or until chicken is done.

While chicken is baking, combine remaining 1/2 c. orange juice, 2 Tbsp. honey, 1/4 tsp. ginger, and 1 tsp. Sucanat in a small saucepan. Bring to a gentle boil, and stir frequently. Boil until liquid is reduced by almost half (about 15 minutes). Place split chicken breast on a bed of brown rice, and drizzle orange/honey sauce over the top. Serves one.

