



Orange Honey Chicken Breasts

1/3 cup orange juice
2 tablespoons low sodium soy sauce
2 tablespoons honey
2 teaspoons lemon pepper
1 teaspoon ground ginger
1/4 teaspoon garlic powder
4 boneless skinless chicken breast halves

1. Combine orange juice, soy sauce, honey, lemon-pepper seasoning, ginger, and garlic powder in a zip top baggie or glass baking dish. Set aside.
2. Place each chicken breast half between two pieces of plastic wrap. Working from center to the edges, pound lightly with the flat side of a meat mallet to bring filets to an even thickness.
3. Remove plastic wrap. Place chicken pieces in marinade. Cover and chill for 4 to 6 hours or overnight.
4. Remove chicken from marinade, reserving marinade.
5. To grill, place chicken on an uncovered grill directly over medium coals. Grill about 12 minutes or until tender and no longer pink, turning and brushing chicken with marinade once. Discard any remaining marinade. Serves 4.

Nutrition Facts

Calories	150
Total Fat	1.5
Saturated Fat	0g
Cholesterol	70mg
Sodium	200mg
Carbohydrates	6g
Dietary Fiber	0g
Protein	28g

Diabetic Exchanges

Protein	4
Carbohydrates	0
Fat	0