



# **Paprika Chicken with an Orange Salad**

Recipe Courtesy Chef Bryan Woolley

- ¼ cup flour
- 2 tbsp paprika
- 1 tbsp onion powder
- 1 tbsp garlic powder
- 1 tsp black pepper
- 1 tsp salt
- 1 tbsp orange zest
- 2 eggs
- 2 tbsp milk
- 4 chicken breasts (flattened)

1. In a medium size bowl, combine flour, paprika, onion and garlic powder, black pepper, salt, and orange zest. Whisk together to incorporate ingredients.
2. In a medium size bowl, whisk together the eggs and milk.
3. Dip the chicken breasts in the egg mixture and then dredge in the flour mixture.
4. Place prepared chicken on a parchment-lined baking sheet. (I like to put a wire rack on the baking sheet and place the chicken on that.)
5. Place chicken in a 350 degree oven for about 25 minutes or until the internal temperature of the chicken breasts reach 160 degrees.
6. Serve with orange salad. Makes 4 servings.

## **Orange Salad**

- 2 cups orange segments
- 1 cup sliced strawberries
- 1 cup golden raisins
- 1 tbsp freshly chopped mint
- 2 tbsp blood orange vinegar
- 1 tbsp grape seed oil
- Sugar to taste (if needed)

1. Combine orange segments, strawberries, golden raisins and chopped mint into a bowl.
2. In a small bowl, whisk together the blood orange vinegar and grape seed oil.
3. Drizzle vinaigrette over orange salad. Gently fold to incorporate ingredients. Chill if desired. Serve with paprika chicken. Makes 4 servings.

## **Nutrition Facts - Serving: One chicken breast and ¼ salad**

Calories	220	200
Total Fat	4.5g	4g
Saturated Fat	1.5g	0g
Cholesterol	175mg	0mg
Sodium	700mg	5mg
Carbohydrate	12g	43g
Dietary Fiber	2g	5g
Protein	32g	2g
<b>Diabetic Exchanges</b>		
Protein	5	0
Carbohydrates	1	2
Fat	1	1