

Pan-Seared Chicken with Orange & Grapefruit Sauce

Celebrate citrus season with an easy quick-cooking chicken sauté. This recipe uses whole, fresh oranges and grapefruit plus a touch of orange marmalade to make a thicker and sweeter pan sauce than you'd get with just the juice.

4 servings | **Active Time:** 30 minutes | **Total Time:** 30 minutes

Ingredients

- 1 small pink grapefruit
- 1 medium orange
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 4 boneless, skinless chicken breasts, trimmed (1 pound)
- 1 tablespoon canola oil, divided
- 1 leek, trimmed, washed thoroughly and sliced
- 1/4 cup dry vermouth
- 2 tablespoons orange marmalade
- 2 tablespoons chopped fresh mint, or 1/2 teaspoon dried

Preparation

1. Remove skin and white pith from grapefruit and orange with a sharp knife and discard. Cut the segments away from their surrounding membranes into a bowl (discard seeds). Squeeze any remaining juice from the membranes into the bowl. Drain the segments and measure the juice. Add enough water, if necessary, to make 1/2 cup and set the juice and fruit aside.
2. Combine flour, salt and pepper in a shallow dish. Dredge chicken lightly in the flour mixture.
3. Heat 2 teaspoons oil in a nonstick skillet over medium-high heat. Add the chicken and cook until golden on the outside and no longer pink inside, 3 to 4 minutes per side. (Reduce heat to medium if the chicken is browning too quickly.) Remove to a plate, cover and keep warm.
4. Add the remaining 1 teaspoon oil to the pan. Add leek and cook, stirring, until softened, about 3 minutes. Add the reserved fruit juices and vermouth and bring to a boil. Boil until reduced by half, about 3 minutes. Reduce heat to low and add marmalade, the reserved fruit, mint and pepper to taste. Return chicken to the pan and reheat gently.

Nutrition

Per serving : 276 Calories; 6 g Fat; 1 g Sat; 3 g Mono; 63 mg Cholesterol; 26 g Carbohydrates; 25 g Protein; 3 g Fiber; 357 mg Sodium; 396 mg Potassium

2 Carbohydrate Serving

Exchanges: 1 fruit, 1/2 other carbohydrate, 3 very lean meat, 1 fat