



Honey Orange Glaze Chicken

Recipe By JOHN GIFALDI

SERVES: 4

INGREDIENTS:

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| <input type="checkbox"/> 4 chicken breasts (bone in, skin on) | <input type="checkbox"/> 2 tbsp brown sugar |
| <input type="checkbox"/> 2 tbsp olive oil | <input type="checkbox"/> 2 tbsp honey |
| <input type="checkbox"/> 1 cup orange juice | <input type="checkbox"/> 1 tbsp cider or white wine vinegar |
| | <input type="checkbox"/> 1 fresh orange, cut into rings |

DIRECTIONS:

- ☐ 1. Set the oven to 425°F.
- ☐ 2. On the stovetop, heat a large skillet over medium heat and add the chicken skin side down. Cook 3-4 minutes per side until brown.
- ☐ 3. Remove from heat and add ¼ cup water to the skillet then place in the oven and cook for 25 minutes or until the temperature shows 160°F on a thermometer.
- ☐ 4. Meanwhile, prepare the glaze. In a saucepan, combine orange juice, brown sugar, honey and vinegar. Reduce heat to medium and simmer until sauce has thickened for 6 to 8 minutes.
- ☐ 5. When the chicken has reached 160°F liberally baste with the glaze and return it to the oven until the chicken reaches 165°F (about 5 more minutes).
- ☐ 6. Remove chicken from the oven and place it on a cutting board to rest.
- ☐ 7. Heat the skillet on the stove and add the oranges. Cook on each side for 1-2 minutes then remove to your serving dish.
- ☐ 8. To serve, set chicken along with the oranges on a serving dish and spoon sauce on top.

Tender, juicy chicken coated in a sweet and tangy glaze made from honey and fresh orange juice, with a hint of zest.

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