

Chicken Breasts with Spicy Honey-Orange Glaze

Ingredients

6 boneless, skinless chicken breasts
¼ cup salt
¼ cup brown sugar
¼ cup honey
2 tablespoons frozen orange juice concentrate
the zest of one orange
1 clove of garlic, minced
½ teaspoon salt
¼ teaspoon crushed red pepper flakes
1 tablespoon butter
½ teaspoon vegetable oil

Method

Because chicken breasts tend to be dry, I prefer brining them. This allows some seasoning to get inside the chicken and helps keep it moist. To brine, combine 2 cups cold water with the ¼ cup salt and ¼ cup brown sugar in a large bowl and mix until the salt and sugar dissolve. Place the chicken in the liquid, cover with plastic wrap, and store in the refrigerator for 1-2 hours.

In a small bowl, combine the honey, orange juice concentrate, orange zest, garlic, salt, and red pepper flakes. Mix well with a fork and set aside. Remove the chicken from the fridge and pour off the brining liquid. Rinse each chicken breast well, pat dry, and set aside. In a large skillet, melt the butter and the vegetable oil over medium-high heat. Add the chicken breasts and cook for 4-5 minutes on each side. Pour in the orange mixture. After about 2 minutes, it will begin to thicken. Turn the chicken to coat with the sauce. If you're not sure about the chicken being cooked through, cut the thickest breast in the middle and check. It's probably done, but a little time over medium heat in the sauce will do the trick if it's not. Serve the chicken with some extra sauce spooned over it.

Happy Eating!

Sharon

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