

Florida's Favorite Chicken

Makes: 2 Servings

This recipe uses unsweetened grapefruit juice. Grapefruit juice can be used in poultry recipes for an added tang.

Ingredients

- 2 chicken breast halves
- 2 **tablespoons** chicken broth
- 2 **tablespoons** onion (chopped)
- 1 **tablespoon** cornstarch
- 1 **tablespoon** water
- 1 **cup** grapefruit juice
- 2 **tablespoons** walnuts (chopped if you like)

Directions

1. Remove skin and bones from chicken.
2. In a skillet, brown chicken breasts in broth until lightly browned, 5 minutes each side.
3. Chop chicken into bite-sized pieces and set aside.
4. In same skillet, lightly cook onion until clear.
5. Mix cornstarch and water in a small cup and add to onion.
6. Slowly add grapefruit juice and stir constantly until mixture starts to thicken.

Nutrition Information

Nutrients	Amount
Calories	350
Total Fat	11 g
Saturated Fat	1 g
Cholesterol	70 mg
Sodium	90 mg
Total Carbohydrate	32 g
Dietary Fiber	1 g
Total Sugars	23 g
Added Sugars included	N/A
Protein	31 g
Vitamin D	N/A
Calcium	50 mg
Iron	2 mg
Potassium	N/A

N/A - data is not available

7. Mix in chicken. If using walnuts, add that too. Cook until heated.

8. Serve immediately.

Source: Recipe adapted from the Florida Department of Citrus.