Marmalade Chicken from Eating Well, Feb 2009:

Servings: 4

Ingredients:

1 c reduced-sodium chicken broth
2 tbsp red-wine vinegar
2 tbsp orange marmalade
1 tsp Dijon mustard
1 tsp cornstarch
1 lb chicken tenders
½ tsp salt
¼ tsp pepper
6 tsp EVOO, divided into 4 tsp and 2 tsp
2 large shallots- minced
1 tsp orange zest (optional)

1. Whisk broth, vinegar, marmalade, mustard and cornstarch in a bowl
2. Sprinkle salt and pepper over chicken
3. Heat skillet with 4 tsp EVOO and add chicken once hot
4. Cook until golden (about 2 min) and remove to a plate and cover to keep warm
5. Add remaining 2 tsp EVOO to skillet and shallots- cook 30 seconds
6. Add broth mixture and simmer
7. Once sauce thickens- add chicken
8. Cook chicken until internal temperature of 160
9. Optional- stir in orange zest once chicken is cooked
10. Plate and add orange slices for garnish (optional)