

Mandarin Orange Chicken

(Makes 4 servings)

6 boneless, skinless chicken breasts halves
1 medium-sized onion, thinly sliced
 $\frac{3}{4}$ cup orange juice concentrate
1 tsp. poultry seasoning
 $\frac{1}{2}$ tsp. salt (Discretionary)
11-oz. can mandarin oranges, drained, with 3 Tbsp. juice reserved
2 Tbsp. flour

1. Place chicken in slow cooker
2. Combine onion, orange juice concentrate, poultry seasoning, and salt. Pour over chicken.
3. Cover. Cook on low 4-5 hours
4. Remove chicken and keep warm. Reserve cooking juices.
5. In a saucepan, combine 3 Tbsp. reserved mandarin orange juice and flour. Stir until smooth.
6. Stir in chicken cooking juices. Bring to a boil. Stir and cook for 2 minutes to thicken.
7. Stir in mandarin oranges. Pour over chicken.
8. Service with rice or pasta.



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