

Orange-Maple Chicken on Wilted Spinach



Makes:

4 servings

Utensil:

Saladmaster Food Processor
10" Chef's Gourmet Skillet
small mixing bowl

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Recipe:

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Recipe Description:

This light entree is so easy and quick to prepare in the Chef's Gourmet Skillet, perfect for a luncheon or quick week-night dinner. Add a crusty loaf of bread or steamed rice for a heartier meal.

1 ¼ pounds
boneless chicken breast, trimmed and cut into slices
(567 g)
salt and pepper to taste
1 teaspoon
orange zest, shredded, use Cone #1
(2 g)
1 teaspoon
mustard
(5 g)
¾ cup
fresh orange juice (juice from approximately 2 oranges)
(180 mL)
2 tablespoons
maple syrup
(42 g)
1 clove
garlic, shredded, use Cone #1
salt and pepper to taste
7 ounces
baby spinach, cleaned
(198 g)
1 orange, peeled and cut into segments

Directions:

1. Preheat skillet on medium heat.
2. While skillet is heating, season chicken pieces with salt and fresh ground pepper.
3. When water sprinkled on skillet skitters and dissipates, approximately 5 minutes, place seasoned chicken slices in skillet making sure not to overlap pieces. Cover skillet, leaving slightly ajar.
4. Cook chicken until it browns, approximately 4 minutes. Turn pieces over and cook for an additional 3 - 4 minutes on the other side.
5. While chicken is cooking, in small bowl place orange zest, mustard, orange juice, maple syrup, garlic, salt and pepper. Stir to combine.
6. After chicken is browned on both sides, remove cover and pour orange juice mixture over chicken and re-cover. When Vapo-Valve™ clicks, remove chicken pieces with fork or tongs, and place on a dish to keep warm.
7. Continue to cook orange juice mixture on medium heat for approximately 3 - 4 minutes until mixture starts to reduce and thicken.
8. Add cleaned baby spinach to skillet and quickly toss to wilt spinach slightly, approximately 30 - 45 seconds.
9. To serve place $\frac{1}{4}$ of wilted spinach on plate and top with $\frac{1}{4}$ of chicken slices, a drizzle of reduced pan juices and garnish with orange segments. Serve with a twist of fresh pepper, if desired.

Tips:

- Substitute chicken breast for chicken tenders.

Nutritional Information per

▼ Serving

Calories: 249
Total Fat: 3g
Saturated Fat: 1g
Cholesterol: 85mg
Sodium: 133mg
Total 21g
Carbs:
Dietary Fiber: 3g
Sugar: 11g
Protein: 35g