

Soy Marinated Chicken

Makes: 4 Servings

Ingredients

4 chicken breasts, boneless & skinless
1 large orange
2 **tablespoons** soy sauce, low-sodium

Directions

1. Place chicken in a single layer in a shallow, ovenproof dish.
2. Halve the orange, squeeze the juice from one half and mix it with the soy sauce. Pour it over the chicken.
3. Cut the remaining orange half into wedges and place on chicken.
4. Cover and marinate in the refrigerator for 4 or more hours.
5. Preheat oven to 350°F.
6. Discard marinade. Bake chicken uncovered for 20 minutes.
7. Turn the chicken over and bake 15 more minutes (total of 35 minutes).
8. Check with a food thermometer. Temperature should reach 165°F.