

Apple and Orange Chicken

"Orange you glad you have this wonderful recipe for apple and orange chicken?!"

INGREDIENTS/ SERVINGS 4

- 1 (1 ounce) package dry onion soup mix
- 4 bone-in chicken breast halves, skinless
- 1 (.6 ounce) can cream of chicken soup
 - 2 tablespoons soy sauce
 - 2 cloves crushed garlic
 - 1 cup apple juice
 - 1 cup orange juice
 - salt and pepper to taste

DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
2. Place the chicken pieces in a lightly greased 9x13 inch baking dish.
3. In a medium bowl combine the onion soup mix, cream of chicken soup mix, soy sauce, garlic, apple and orange juice, salt and pepper. Mix together and pour mixture over chicken. Cover and bake in the preheated oven for 1 hour, then remove cover/lid and bake for another 1/2 hour to brown the chicken.

Nutrition Info (per serving)

Calories 230 (10% from fat) | Protein 29g | Fat 2.7g (sat 1g) | Carbohydrate 21.5g | Fiber 0.8g | Cholesterol 49mg | Iron 2mg | Sodium 79mg | Calcium 56mg