

Chicken breasts & Orange Sauce

Ingredients

2 whole chicken breasts - deboned
1 cup brown rice flour
1 cup water
1/4 tsp black pepper
1/4 tsp nutmeg
Oil for deep frying
Butter (melted)

Directions

De-bone and de-skin chicken.
Combine 1 cup rice flour, 1 cup water, pepper & nutmeg - mix.
Heat oil to 350 deg in elect wok.
Dip chicken in butter, coating thoroughly.
Drop into oil, fry 15 - 20 min, until brown. Drain.
Keep chicken warm in oven.
Serve with sauce.

Sauce

1/2 cup orange juice
1/3 cup dry white wine
3 cut orange segments
2 tbs brown rice flour
1/4 tsp cinnamon

Combine Orange Juice, wine, orange & flour.
Simmer. Add cinnamon. Stir constantly.



Toll Free phone or Fax: 1-888-953-5553
or visit www.jjconsulting.net
To order: www.NutritionPureandSimple.com