



Citrus Chicken

Ingredients:

1 chicken breast

salt and pepper

juice of 1 lime

juice of 1 lemon

juice of 1 juicing orange

1/2 bunch cilantro leaves

2 tbsp extra virgin olive oil

1 blood orange, peeled and segmented

1/2 fennel bulb, sliced thin

1 tsp fennel leaves

drizzle of balsamic reduction.

Directions:

Season chicken breast on both sides with salt and pepper.

In a Ziploc bag with raw chicken breast, add juice of lime, lemon, juicing orange, and cilantro. Allow to marinate for about 1 hour in the refrigerator.

Remove chicken from juice, and add to pan of hot oil and cook on both sides until white in the middle.

In a bowl, combine the orange and fennel bulb and leaves; and mix together.

Top the chicken with orange and fennel mixture, and drizzle with balsamic reduction.

