

Chicken Thighs in a Fruity Sauce

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 30 minutes

Serves: 4

CChints: This recipe calls for Gran Marnier which is an orange flavored liqueur. The alcohol cooks off and leaves a wonderful flavor behind. You can buy a tiny bottle, just big enough for this recipe, at your local liquor store.



8 skinless, boneless chicken thighs, about 1-1/2 pounds

1/2 cup white or wheat flour

1 tablespoon smoked paprika

2 teaspoons garlic powder

1/2 teaspoon salt

3 tablespoons olive oil, divided

1/2 cup low-sodium, reduced fat, chicken broth

1 cup thinly sliced onion

4 cloves minced garlic, fresh or from a jar

1/2 cup diced fresh pineapple

1/2 cup fresh pineapple juice

2 tablespoons Gran Marnier

1 tablespoon lime juice

1 lime, thinly sliced

4 servings of brown rice, cooked

Serve with a side vegetable or salad of your choice

Preheat oven to 400 degrees.

Check the cooking time for your rice. If it takes 25 minutes start it now. Cook rice according to package directions. Drain and keep covered until time to plate the food. If using minute rice, start it later in the recipe.

Open the package of chicken and cut off any excess fat. Rinse, them and lay on a separate plate. Heat the oil in a large nonstick skillet over medium heat. Combine the flour through salt in a shallow plate or pie pan and when the oil is hot you are ready to start.

One at a time, take a piece of chicken and lay it the flour and flip it over to coat the other side. It's okay if the chicken tries to roll up on you as long as you coat all outside surfaces. When all the chicken is in the skillet, cover the pan and cook for 4 minutes on each side. When you flip it over the first time you may need to add a little more oil. After the 8 minutes, remove them from the pan and cover to keep them warm. The chicken will not be done but it will finish cooking in the sauce later. Use this cooking time to wash your hands and clean anything that touched the raw chicken.

If you are using quick cooking rice, start it now.

Slowly add chicken broth to the pan. Scrape the bottom of the pan with a silicone spatula or wooden spoon to loosen the brown bits. Add the onions through limes and stir ingredients together. Gently return the chicken to the pan. Cover and reduce the heat to medium-low. Cook for 15 minutes or until chicken is done. Use this time to prepare your side vegetable or salad and set the table.

Divide the rice among the 4 plates. Top with the chicken and fruit mixture and sauce.