

Moro Blood Orange Chicken

Ingredients

5 Blood Oranges, juiced
4 skinless, boneless chicken breasts
1 tbsp. butter
1 small onion, minced
5 cloves of garlic, minced
 $\frac{3}{4}$ cup chicken broth
 $\frac{1}{4}$ cup dry white wine
1 tsp. chopped fresh parsley
1 tbsp. honey
extra virgin olive oil
salt and pepper to taste

Preparation

Marinate chicken breasts in the juice of 2 blood oranges overnight, or at least 4-6 hours. Remove chicken and dispose of juice.

Heat 2 tbsp. of olive oil in large skillet. Salt and pepper both sides of chicken breasts and brown in pan about 5 minutes per side. Place chicken on plate and cover with foil.

In clean skillet, melt butter add onion and garlic, cook until softened. Stir in juice from 3 blood oranges, chicken broth, white wine and parsley, bring to a boil. Return chicken breasts to skillet, reduce heat to low and cover. Simmer for 15 minutes turning chicken breasts once halfway through cooking time.

Place chicken on platter. In remaining pan juice add 1 tbsp. of honey and simmer until thickened, about 3 minutes. Drizzle sauce over chicken breasts and serve.