

Orange-Tarragon Chicken

½ lb. Asparagus, cut to 3-inch pieces
2 carrots, scrubbed and cut to 3-inch sticks
2 chicken breasts, split and boned
¼ tsp. salt
½ c. orange juice
½ c. chicken broth
¼ tsp. Dried tarragon
2 tbsp. butter, cut into pieces

Preparation

Cook asparagus and carrots in separate saucepan in lightly salted water until tender. Drain and keep warm. Sprinkle chicken breasts with salt.

Heat orange juice, chicken broth, and tarragon in medium skillet. Add chicken and cook 4 to 5 minutes on each side over medium heat. Remove chicken. Raise heat and boil pan juices down to 2 tablespoons. Remove from heat. Add butter to skillet and blend. Return chicken to sauce and heat until warm. Arrange on plate with vegetables over rice. Serve.