

GREAT EATS WITH BAY--JAMAICAN STYLE NUTTY CHICKEN WITH BAY *

Submitted By Diane L.M. Wittig

INGREDIENTS:

- 6 skinless boneless chicken breasts
- 1 Tablespoon butter
- 1 (6-oz.) can orange juice concentrate, thawed
- 1 1/2 bay leaves
- Juice of small lime
- 3 firm ripe bananas, thinly sliced
- 1/2 cup roasted almonds

DIRECTIONS:

Season chicken with salt and pepper.

Brown chicken on both sides in butter in skillet over medium heat.

Reduce to low and **add** 1/2 cup water, (1 teaspoon salt, 1/2 teaspoon pepper), orange juice, and bay leaf.

Bring to boil, cover, and simmer for 20 minutes.

Turn chicken once while cooking.

Remove chicken and **keep warm**.

Bring liquid to a boil over high heat for 5 minutes, **constantly stirring**.

Stir in lime juice and bananas; **heat** gently.

Place chicken on serving dish, **top** with sauce and **sprinkle** with nuts.

Serve immediately.

PER SERVING:

256 Calories; 12g Fat (40.9% calories from fat); 13g Protein; 26g Carbohydrate; 2g Dietary Fiber; 31mg Cholesterol; 32mg Sodium. Exchanges: 0 Grain (Starch); 1 1/2 Lean Meat; 1 1/2 Fruit; 1 1/2 Fat.

SERVING SUGGESTIONS: Sweet potatoes and steamed broccoli would round this meal out nicely.

*The recipe and suggestions are from Leanne Ely, The Dinner Diva, whose website is <http://www.savingdinner.com/>