

# WEEK NIGHT

## *delicious*

Healthy, fast, and fresh solutions for dinner tonight.

### SWEET HOT CORIANDER CHICKEN

Nutty, citrusy coriander bridges orange juice, brown sugar, and a kick of chili in this flavor-packed dish.

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**JUST ADD  
POTATOES**  
Toss roasted baby red potatoes in the remaining sauce for an easy side.

**MAKE DINNER  
WITHOUT SHOPPING**  
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### WHAT YOU NEED

- 1 Tbsp. extra-virgin olive oil
- 2 tsp. packed dark brown sugar
- 2 tsp. Sriracha sauce
- 1 tsp. ground coriander
- 1 tsp. chili powder
- 4 6-oz. skinless, boneless chicken breast halves, flattened to ½-inch thickness
- ⅓ cup orange juice

1. For marinade, in a small bowl stir together oil, sugar, Sriracha sauce, coriander, and chili powder. Place chicken in a shallow dish. Spoon marinade over chicken; turn to coat. Let stand 15 minutes.
2. Heat a very large skillet over medium-high heat. Add chicken; cook 10 minutes or until done (165°F), turning once halfway through. Transfer to a plate. Cover to keep warm.
3. Add orange juice to pan; cook 2 minutes or until reduced to about 2 Tbsp., stirring to scrape up browned bits. Spoon sauce over chicken. Season to taste with salt and pepper. Top with cilantro. Makes 4 servings.

**EACH SERVING** 257 cal, 8 g fat, 124 mg chol, 272 mg sodium, 5 g carb, 0 g fiber, 39 g pro.