

## Spiced Chicken w. Tangerine sauce

10 servings

### Ingredients:

4 tbsp ground cumin  
10 boneless skinless chicken breast halves  
2 tbsp extra virgin olive oil  
2 cups plus 1 tablespoon lower-sodium chicken broth, divided  
1 cup tangerine juice  
4 tbsp Dijon mustard  
4 tbsp chopped jalapeño chile  
4 tsp cornstarch  
4 tangerines, peeled, broken into segments  
Salt  
Freshly ground black pepper  
1/2 cup chopped cilantro

### Preparation:

Sprinkle cumin over chicken, coating both sides well. Heat oil in large skillet over medium-high heat until hot. Cook chicken 4 minutes or until browned, turning once. Remove chicken.

Increase heat to high. Add 2 cups of the broth to skillet; boil 1 minute to reduce slightly. Whisk in tangerine juice, mustard and chile.

Return chicken to skillet; cover and gently simmer 5 to 8 minutes or until chicken is no longer pink in center, turning once. Remove chicken; cover loosely with foil.

Whisk remaining 1 tbsp broth and cornstarch in small bowl until smooth; whisk into sauce in skillet. Bring to a boil; cook until thickened. Add tangerine segments; cook briefly to warm. Stir in salt and pepper. Serve sauce over chicken; sprinkle with cilantro.