

# Crunchy Orange Curried Chicken with Potatoes and Spinach Salad

## Instructions:

Don't change yet! Take out equipment.

1. Preheat **oven** to 350° F.
2. Combine orange juice, brown sugar, honey and mustard in a small bowl. Stir.

Unravel chicken thighs and place in a large lasagna or cake pan. *Squish them together if you need to.* Spoon all the sauce evenly over chicken pieces.

Sprinkle with spices and corn flake crumbs.

Bake in **preheated oven**.

Set timer 50 minutes.

3. Wash potatoes, then add to a different oven-safe pan. Drizzle with olive oil and toss until potatoes are well coated. Sprinkle with spice. Place in **oven** beside chicken.
4. Rinse spinach leaves under cold water in salad spinner and spin dry. Place in salad bowl. Slice orange wedges and toss into greens.

Set aside in **fridge**.

Combine mayonnaise, yogurt and poppy seeds in a small bowl in that order. Stir to blend, using a whisk or a fork, until smooth. Set aside on table.

**...when timer rings for chicken...**

Dinner is ready.

*This has such an amazing aroma while it's cooking, that by the time you eat you feel like the journey was half the fun.*

Recipe by Sandi Richard

from *The Healthy Family*

## Ingredients:

Take out ingredients.

**1/2 cup orange juice, unsweetened**  
**2 Tbsp brown sugar**  
**2 Tbsp liquid honey**  
**1 Tbsp Dijon mustard**

**chicken thighs, boneless, skinless**  
**(1 3/4 lb or 800 g)**

**2 tsp curry powder**  
**1/4 tsp pepper**  
**1 tsp table blend seasoning, salt-free**  
**1 cup corn flake crumbs**

*You can buy these already crushed in the coating mix section of your grocery store... or you can crumble them in your hand directly over the chicken in the pan.*

**20 baby potatoes** (or cut up 4 large)  
**1 Tbsp olive oil, extra-virgin**  
**1 tsp original, all purpose seasoning, salt-free**

**6 oz or 170 g pre-washed baby spinach**  
**2 oranges**

### Healthy Poppyseed Dressing

**1/4 cup mayonnaise, light**  
**1/4 cup French vanilla yogurt, low-fat**  
**1/4 tsp poppy seeds**

*You may want to whisk in a tiny bit of 1% milk if you like your dressing a bit runnier.*

*Oh yes...you may want to add a few croutons to your salad like we do.*

**Serves 4-6**

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## Equipment List:

Large lasagna or cake pan  
Medium oven-safe pan  
2 small mixing bowls  
Cutting board  
Salad spinner  
Salad bowl  
Salad tongs  
Sharp veggie knife  
Stirring spoon  
Fork  
Measuring cups and spoons

## Per serving:

Calories 468  
Fat 11.6 g  
Protein 32.4 g  
Carbohydrate 61.0 g  
Fiber 5.9 g  
Sodium 367 mg

## U.S. Food

### Exchanges:

3 Starch  
4 Meat-lean  
1 Fruit  
1/2 Fat

## Cdn. Food

### Choices:

4 Carb  
4 Meat/Alt



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