

Grilled Orange Ginger Chicken

1 pound boned and skinned chicken parts
1 tablespoon plus 1 teaspoon vegetable oil
1/4 cup frozen orange juice concentrate (unsweetened), thawed
1 tablespoon wine vinegar
1 tablespoon minced onion flakes
1/4 teaspoon ground ginger

Place chicken in a shallow bowl. Combine remaining ingredients and pour over chicken. Marinate 4 to 5 hours, turning chicken several times. broil or grill until done, about 15 to 20 minutes. Turn chicken frequently and baste with marinade while grilling.

Nutrition Information per serving: Calories 207, Fat 8 g, Cholesterol 79 mg, Sodium 89 mg, Carbohydrate 8 g, Protein 25 g

Recipe compiled from Lean and Luscious Volume II, (1988), Bobbie Hinman and Millie Snyder (Prima Publishing & Communications, P.O. Box 1260MLL, Rocklin, CA 95677, 461pp., \$13.95 softcover)