





- 1 lb boneless, skinless chicken breast
- 1 teaspoon  olive or canola oil
- 1 teaspoon crushed garlic
- ½ teaspoon orange zest
- 1 Tablespoon  brown sugar, lightly packed
- 1 Tablespoon  unsweetened cocoa powder
- 1 teaspoon chili powder
- ½ teaspoon  ground cinnamon
- 1/8 teaspoon ground cumin

Heat oven to 375°F. Lightly coat baking dish with oil or cooking spray. Rub chicken with oil, garlic and orange zest. Combine remaining ingredients in a small bowl and sprinkle over chicken. Place chicken in baking dish and bake for 25 minutes or until internal temperature reaches 165°F on meat thermometer.

**Makes 4 4-ounce servings**

**Prep time: 10 minutes**

**Cook time: 25 minutes**

*Per serving: 160 calories, 4.5g fat, 1g saturated fat, 75mg cholesterol, 140mg sodium, 5g carbohydrate, 1g fiber, 3g sugars, 24g protein*