

General Tso Chicken

Ingredients

- 11 oz frozen cooked diced chicken
- 1/2 cup broccoli florets
- 1/3 cup red bell peppers
- 1/4 cup onions
- 1/2 tsp garlic
- 1/4 tsp ginger root
- 1/2 tsp sesame oil
- 1/2 tsp vegetable oil
- 1/2 tsp chicken broth
- 1/2 cup general tso sauce
- 1/2 tsp salsa verde

Notes

Number of Portions: 4

Serving Size: 1/2 cup

Nutrition Facts: 168 calories, 4.8 g fat, 0.2 g saturated fat, 361 mg sodium, 13.25 g carbohydrate, 0.61 g fiber, 6.8 g sugar, 16.89 g protein

Directions

1. Preheat oven to 350° F. Spread a single layer of chicken evenly on a 18 x 13 inch pan lined with parchment paper.
2. Bake from frozen state in oven for 20 -25 minutes until internal temperature reaches 165° F.
3. Cut broccoli florets in halves, slice red bell peppers and onions, and mince garlic and ginger.
4. Heat a braising pan and add oils. Stir fry vegetables for about 5 minutes. Add the chicken broth and stir.
5. Add the general Tso sauce and the salsa. Simmer for about 5 minutes.
6. Add chicken and stir.