

Orange Chicken

Ingredients

- 1-1/2 tbsp sesame oil
- 2/3 tbsp garlic, minced
- 1 tbsp ginger root, minced
- 1/3 cup water
- 1/4 tsp chicken base, low sodium
- 2 tbsp orange juice
- 2 tbsp soy sauce, low sodium
- 1 tbsp light brown sugar, packed
- 3 tsp rice wine vinegar
- 2 tbsp water
- 4 tsp cornstarch
- 2/3 cup carrots
- 1 cup red bell peppers
- 1 cup broccoli
- 10 oz cooked chicken

Notes

Number of Portions: 4

Serving Size: 1/2 cup

Nutrition Facts: 190 calories, 8.77 g fat, 2.32 g saturated fat, 667 mg sodium, 12.73 g carbohydrate, 1.55 g fiber, 4.4 g sugar, 14.79 g protein

Directions

1. In a large pot, heat sesame oil over medium heat. Add garlic and ginger. Cook for 1 minute.
2. Add water, chicken base, orange juice, soy sauce, brown sugar, and vinegar. Let simmer for 20 minutes.
3. Mix together water and corn starch into a slurry. Add to orange mixture stirring constantly until incorporated. Do not boil! Once sauce is thickened, remove from heat.
4. Wash and shred carrots, wash and julienne peppers, and wash broccoli and cut into florets. Sauté together for 7 minutes.
5. Add chicken and heat to 165° F. Combine with sauce.