Orange Chicken & Broccoli

A healthy version of a favorite Chinese restaurant dish. When you make it at home you control the salt, fat, carbs, and the cost!

Makes 4 servings
Price Per Serving: $1.78
Prep Time: 7 minutes | Cook time: 15 minutes

1.5 lb boneless skinless chicken breast, diced into chunks
1 tbsp low-sodium soy sauce
2 tbsp brown sugar
1 tbsp rice vinegar
2 oranges, zest and juice
⅛ tsp red pepper flake
½ tsp ginger powdered
2 tsp minced garlic
2 tsp cornstarch
1/2 cup cold water
1 tbsp vegetable oil
8oz frozen broccoli

Combine orange juice, soy sauce, brown sugar, rice vinegar, red pepper flake, ginger, and garlic in a small bowl. Pour mixture into a small saucepan and heat over medium heat until bubbling. Allow to cook for 5 minutes, stirring often. Mix 2 tsp cornstarch with ¼ cup cold water. Add to saucepan and cook an additional 3 minutes, until thickened. Remove from heat and set aside.

Heat 1 tbsp vegetable oil in a large skillet over medium high heat. Add cut chicken pieces. Cook, stirring every 2-3 minutes for a total of 8 minutes, until no longer pink in the middle. Add orange sauce to chicken in pan and cook for another 1 minute. Add frozen broccoli to pan cover with a lid, and allow to cook another 2-3 minutes until broccoli is fully heated through.

Serve with brown rice or vegetable fried rice (see recipe).

Compare this to Orange Chicken at a Chinese chain restaurant, which has 420 calories, 18g of fat, 620mg of sodium, and 19g of sugar per serving!