

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
- 1/8 tsp red pepper flake
- 1/2 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 1/4 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).

Nutrition Facts	
Serving Size 262 g	
Amount Per Serving	
Calories 339	Calories from Fat 78
% Daily Value*	
Total Fat 9g	13%
Saturated Fat 2g	8%
Trans Fat 0g	
Cholesterol 119mg	40%
Sodium 246mg	10%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 46g	
Vitamin A 14%	Vitamin C 77%
Calcium 5%	Iron 12%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

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!