MANDARIN ORANGE CHICKEN

INGREDIENTS:

1 POUND	SKINLESS, BONELESS CHICKEN BREAST 4- 4OZ PORTIONS	1 ½ TABLESPOON	ORANGE ZEST
		½ CUP	CHICKEN BROTH, NO SALT ADDED
½ TEASPOON	OLIVE OIL	¼ CUP	SOY SAUCE, LOW SODIUM
1 ½ TABLESPOONS	MINCED GARLIC	2 TABLESPOONS	HONEY
1 TEASPOON	MINCED FRESH GINGER	1 ½ TABLESPOON	CORNSTARCH
¼ TEASPOON	RED PEPPER FLAKES (OPTIONAL)	1 TEASPOON	SESAME SEEDS FOR GARNISH, OPTIONAL
½ CUP	FRESH ORANGE JUICE		

METHOD:

- Roast the chicken in a preheated 375°F oven or cook on a grill. Internal temperature of chicken must reach 165°F.
- Heat a sauce pan over medium heat, add the olive oil, then add garlic, ginger, and red pepper flakes (if using) and lightly sauté for about 1-2 minutes until fragrant and just starting to brown.
- While the garlic and ginger cook, stir together soy sauce, chicken stock, honey, orange zest, and orange juice. Pour over garlic and ginger.
- Make a cornstarch slurry; 1 tablespoon of cornstarch and 1 tablespoon of cold water, mix well.
- Slowly add the slurry to the hot sauce while whisking it in. Keep whisking until the sauce comes to a boil.
- Slice chicken and spoon 2 tablespoons of sauce over each 4 oz. chicken.
- Top with sesame seeds and/or thinly sliced scallions, if desired.

CHEF'S NOTE: The sauce recipe makes about 10 ounces of sauce, store in refrigerator for up to 1 week. Also, store bought rotisserie chicken can be used instead of cooking from scratch – just remember to remove the skin.

Serves: 4

Serving Size: 4 ounces chicken and 2 tbsp of sauce

Calories: 190

Fat: 4 gm **Sodium:** 290 mg **Carbohydrates:** 10 gm **Protein:** 26 gm **Fiber:** 0