

Saint Paul Public Schools' Orange Chicken

This low-fat, lower-sodium version of a restaurant menu staple is a great go-to meal for a new take on take-out. Serve with a side of veggies to add more color to your plate and use brown rice instead of white rice to get your fill of vitamins, minerals, and fiber.

YIELD

11 servings:

3/4 cup chicken and sauce

3/4 cup brown rice



INGREDIENTS

- 3/4 cup water
- 3/4 cup orange juice
- 6 tablespoons white vinegar
- 1/4 cup low-sodium soy sauce
- 1/2 cup brown sugar
- 3 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 1/4 teaspoon cayenne pepper
- 2 tablespoons plus 2 teaspoons cornstarch
- 2 tablespoons cold water
- 8 cups cooked, diced chicken
- 4 cups cooked brown rice
- Chopped scallions, cilantro & red pepper, for garnish

DIRECTIONS

- Combine first 9 ingredients in a large saucepan
- Whisk to blend well; bring to a simmer over medium-high heat
- In a small bowl, whisk together the cornstarch and water until smooth
- Add the cornstarch sauce to the mixture and whisk constantly
- Continue simmering until the sauce is thick and translucent, about 1 minute
- Add cooked diced chicken to the sauce and combine
- Serve over brown rice and top with chopped scallions, cilantro and red pepper

NUTRITIONAL INFORMATION

PER 1 SERVING

CALORIES 309

TOTAL FAT 7.6 g

CARBS 30 g

SODIUM 355 mg

CHOLESTEROL 81 mg

FIBER 1.82 g



real choices

Eating healthy never tasted so good.