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
- ¾ cup water
- ¾ cup orange juice
- 6 tablespoons white vinegar
- ¼ cup low-sodium soy sauce
- ½ cup brown sugar
- 3 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- ¼ 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