



Orange Chicken

A great new way to enjoy chicken! Feel free to swap with your favorite sauce.

<u>U.S.</u>		<u>Metric</u>
1 lb	Chicken Breast	454 g
2 each	Eggs, beaten	88 g
1 cup	Cornstarch	113 g
2 Tbsp	Soy Sauce, reduced sodium	30 mL
3 Tbsp	Apple Cider Vinegar	45 mL
2 tsp	Brown Sugar	10 g
1 tsp	Cornstarch	5 g
2 tsp	Sesame Seeds	3 g
1/2 tsp	Garlic Powder	1.5 g
1/8 tsp	Ginger Powder	0.375 g
2 Tbsp	Orange Juice	30 g
2 Tbsp	Water	30 g
1/8 tsp	Black Pepper, ground	0.3 g
1/4 tsp	Orange Zest	0.5 g
1/4 tsp	Sriracha (optional)	1.25 mL

Preparation:

1. Gather all ingredients and equipment. Preheat oven to 425° F (218°C).
2. Cut chicken into bite sized pieces (about 3/4 of an inch by 3/4 of an inch thick).
3. Set up dredging station, one bowl of cornstarch (1 cup), one bowl of egg (2 each).
4. Dredge the chicken in cornstarch, egg, and then back into cornstarch.
5. Place chicken on a parchment lined sheet pan and place in oven. Bake for 5-8 minutes (depending on size) or until internal temperature of chicken reached 165° F (74°C).
6. While chicken is cooking, whisk together remaining ingredients in a small pot. Bring to a boil and let simmer for 5-10 minutes or until the mixture has thickened.
7. Once chicken is cooked, toss in sauce and serve immediately.

****Nutrition Facts on Reverse**

Nutrition Facts

4 Servings

Serving size **4 oz**

Amount per serving

Calories **160**

Calories from Fat 35

Total Fat 3.5 g

 Saturated Fat 0.5 g

 Trans Fat 0 g

 Monounsaturated Fat 1 g

Cholesterol 85 mg

Sodium 55 mg

Total Carbohydrate 4 g

 Dietary Fiber 0 g

 Total Sugars 3 g

 Includes 2g Added Sugars

Protein 26 g

Vitamin D 0 %

Calcium 8 %

Iron 2 %

Potassium 410 mg

Phosphorus 255 mg
