

THE DIETITIANS NETWORK OF NOVA SCOTIA

Simply For Life™ Healthy Orange Chicken Sauté

This chicken recipe from Simply For Life™ Calgary/Airdrie is a great alternative to the popular orange chicken found on many Asian take-out menus. It is lower in sugar and salt, but not on flavour!

Recipe Name:	Simply For Life™ Healthy Orange Chicken Sauté
Recipe By:	Simply For Life™ Calgary/Airdrie, reprinted with permission from Simply For Life™ Halifax and adapted by Antonia Harvey, P.Dt
Short description of recipe:	It makes a quick weeknight meal and leftovers are great for lunch the next day.
Makes	4-6 servings
Ingredients:	1 tbsp coconut oil or margarine 4 skinless, boneless chicken breasts, cut into bit-sized pieces ¼ cup low- or no-salt added chicken broth 3 tbsp honey or maple syrup 2 cloves garlic, minced 2 tbsp orange zest 3 tbsp low-sodium soy sauce 1 ½ tsp hot sauce (or more, depending on preference) ¼ tsp ground ginger 1 pinch red pepper flakes 1 tsp sesame seeds, for garnish (optional)
Instructions:	<ol style="list-style-type: none">1. Heat coconut oil or margarine over medium heat in a large frying pan. Add in the chicken pieces and stir fry until browned and cooked through, about 8 to 10 minutes. Remove from frying pan and set aside.2. While the chicken is cooking, whisk together the chicken broth, honey or maple syrup, garlic, orange zest, soy-sauce, hot sauce, ground ginger, and red pepper flakes. After the chicken has been removed from the frying pan, pour the sauce into the pan.3. Cook the sauce, stirring often, until the sauce has thickened, and coats the back of a wooden spoon.4. Add the chicken back to the frying pan and stir to coat with the sauce. Remove from heat.5. Serve chicken over brown rice and cooked broccoli. Top with sesame seeds if desired.