

# Orange Chicken Stir Fry

Makes 4 servings | Grains | Vegetables | Protein

## Ingredients

- 2 teaspoons canola oil
- 1 teaspoon garlic powder
- 1/2 teaspoon ground ginger
- 2 cups chicken, cooked or canned
- 1½ cups carrots, canned
- 1 cup corn, canned
- ½ cup onion, diced

## Sauce

- ¼ cup orange juice
- 1 teaspoon grated orange rind
- ⅓ cup chicken broth
- 2 Tablespoons soy sauce
- 2 Tablespoons sugar
- 1 Tablespoon cornstarch

## Directions

1. Wash hands with warm, soapy water.
2. In a small bowl, mix together ingredients for the sauce and set aside.
3. Warm a large, heavy skillet, wok (large, bowl-shaped pan), or electric skillet to high heat until a drop of water evaporates on contact. Pour 2 teaspoons of canola oil in a thin stream around the edge of the pan.
4. Add ginger and garlic all at once to pan. Cook and stir until they smell good (about 10 seconds).
5. Add chicken to the pan. Stir-fry 3-5 minutes. Add 1-2 Tablespoons of water, if needed. Remove from pan.
6. Add vegetables to the pan. Stir-fry 2-3 minutes, stirring constantly, until vegetables are crisp and tender. Add 1-2 Tablespoons of water if vegetables stick to pan. Remove from pan.
7. Add seasoning sauce to pan. Stir until the sauce bubbles and thickens. Add chicken and vegetables back to the pan. Toss well to coat with sauce. Cover and heat 3-5 minutes until hot. Serve with brown rice or whole-grain noodles.



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