

Jenny's Orange-Sesame Chicken

I love Chinese food but it's not always healthy, especially orange chicken, which is usually batter fried. I created my own recipe that is really good, healthy, and quick to make. The toasted sesame oil is key and once you do the prep, it cooks in less than 10 minutes. I serve it over sushi rice or jasmine rice so get your rice started first and try a side of steamed broccoli or broccolini. This is really good!

Main Ingredients:

2 boneless chicken breasts cut in 1-inch pieces
2 teaspoons canola or peanut oil
1/2 teaspoon toasted sesame oil
2 teaspoons toasted sesame seeds
(One large orange will provide enough juice)

Marinade:

1/4 cup fresh squeezed orange juice
1 teaspoon low sodium soy sauce
1 Tablespoon toasted sesame oil
1 clove garlic, crushed
1/4 teaspoon salt

Sauce:

1/4 cup fresh squeezed orange juice
1/4 cup water
1 Tablespoon rice vinegar
1 teaspoon low sodium soy sauce
1 clove garlic, crushed
1 1/2 Tablespoons sugar
1/4 teaspoon salt
1 Tablespoon cornstarch

1. Combine marinade ingredients in a small zip lock bag. Add chicken and marinate for 15-20 minutes.
2. Combine sauce ingredients in a measuring cup.
3. Heat oil in a pan on medium-high heat and add chicken. Sauté 2-3 minutes per side.
4. Reduce temperature, add sauce & cook 2-3 minutes until thick.
5. Stir in sesame oil.
6. Serve over rice and sprinkle with toasted sesame seeds.

* Serves two