

Heart Healthy Orange Chicken

Typically made with battered chicken pieces tossed in a sweet and sour orange sauce, this Asian-inspired dish is sautéed instead of battered to make it lower in fat and carbs.

ingredients

- 2 lbs boneless, skinless chicken breasts
- 4 cups steamed broccoli or green beans
- 2 tablespoons toasted sesame oil

sauce

- 2 cups orange juice
- 1/4 cup chicken broth (optional) - no salt added
- 1/4 cup coconut aminos or soy sauce
- 3 tablespoons honey
- 1 teaspoon garlic powder
- 2 teaspoons fresh grated ginger (or 1/2 teaspoon ground ginger)
- 1/2 tablespoon orange zest
- 1/2 teaspoon pepper

directions

1. Clean and cut chicken into 1-inch cubes.
2. In a large frying pan, heat sesame oil. Cook the chicken until the edges are brown and slightly crispy (approx. 12-15 minutes).
3. As the chicken is cooking, stir together the sauce mixture in a separate bowl.
4. Once the chicken is thoroughly cooked, remove it from the pan and place it off to the side in a separate bowl.
5. Pour the sauce mixture into the same pan you cooked the chicken in.
6. Bring the sauce mixture to a boil for 15-20 minutes, stirring every minute or so until it starts to thicken. (You will know it has thickened when you scrape the pan and it pulls away from the pan). The sauce should be bubbling the entire time.
7. When the sauce thickens, add the cooked chicken back in and stir to coat the chicken
8. Serve over steamed broccoli or green beans for a paleo option, or rice/quinoa.
9. Sprinkle with sesame seeds and enjoy!

substitutions

Check out these flexible options to make your dinner prep easier:

- **Chicken:** Try chopped chicken tenders or boneless skinless chicken thighs.
- **Veggies:** Our favorites are green beans, broccoli or cauliflower fried rice.
- **Chicken Broth:** Chicken broth is optional in this recipe and can be used interchangeably with vegetable, beef or bone broth.
- **Coconut Aminos:** You can try soy sauce or Bragg's Liquid Aminos, but the recipe will no longer be paleo. If using Bragg's Liquid Aminos, use **HALF** the amount - Bragg's is much saltier.
- **Toasted Sesame Oil:** If you're in pinch, try avocado oil or olive oil.
- **Honey:** Try maple syrup or you can experiment with other liquid sweeteners.
- **Vegan/Vegetarian:** You can substitute chicken with cooked tofu.
- **Orange Juice:** This ingredient is essential to a thick and tasty sauce. We don't recommend a low sugar/low calorie substitute (such as freshly squeezed orange juice) but we encourage you to experiment!