

## **Oriental Chicken with Brown Rice**

Serving size: 1 cup chicken mixture with  $\frac{1}{3}$  cup rice

Serves: 6

### **Ingredients:**

$\frac{2}{4}$  cups water  
1 cup brown rice, uncooked  
2 teaspoons vegetable oil  
1 tablespoon orange zest  
4 large boneless skinless chicken breasts, cut into strips  
 $\frac{1}{2}$  tablespoons cornstarch  
 $\frac{1}{2}$  cups orange juice  
 $\frac{1}{2}$  tablespoons reduced sodium soy sauce  
3 tablespoons fresh ginger, grated  
 $\frac{3}{4}$  cup shallots, sliced  
 $\frac{1}{2}$  cups carrots, sliced  
 $\frac{1}{2}$  cups snow peas, ends trimmed  
2 cloves garlic, minced  
 $\frac{1}{4}$  teaspoon red pepper flakes to taste

### **Directions:**

1. Combine water and brown rice in a medium sauce pan.
2. Bring water to boil, stir once, cover, reduce heat, and simmer 45 minutes until water is absorbed. Let stand 10 minutes covered before serving.
3. Heat the oil in a large skillet over medium-high heat.
4. Add the chicken and orange zest and sauté 4 to 6 minutes until done. Reserve.
5. Whisk together the cornstarch, orange juice and soy sauce.
6. Add to the skillet and simmer stirring frequently.
7. Add the ginger and shallots stirring constantly 1 to 2 minutes.
8. Add the carrots, snow peas, and garlic and simmer 3 to 5 minutes just until carrots are crisp tender.
9. Return the chicken to the pan and heat through.
10. Let stand 3 to 5 minutes uncovered to allow flavors to blend.
11. Serve over brown rice and garnish with red pepper flakes.

### **Exchanges per serving:**

2 Meats, 1 Carbohydrate Choice

### **Nutrients per serving:**

Calories: 147

Calories from fat: 27

Total Fat: 3g

Cholesterol: 33mg

Sodium: 118 mg

Total Carbohydrate: 17g

Dietary Fiber: 1g