

Oriental Citrus Chicken

This recipe contains more than one type of fruit or vegetable, rich in different nutrients. Try many colors and kinds.

Ingredients:

- 2 teaspoons vegetable oil
- 3 chicken breasts, boned, skinned, and cut into 2-inch pieces
- 2 slices fresh ginger root, peeled and minced or 1/2 teaspoon powdered ginger
- 2 garlic cloves, minced or 1/4 teaspoon garlic powder
- 1 8-ounce can pineapple chunks, drained (save juice)
- 1 1/2 cups orange juice
- 1 cup chicken broth or water
- 2 tablespoons vinegar
- 4 cups sliced vegetables, such as celery, green peppers, onions, and mushrooms
- 1 medium tomato, cut in wedges
- 2 tablespoons soy sauce
- 1 tablespoon sugar
- 2 tablespoons cornstarch

Directions:

1. Heat oil in a large skillet over medium heat (350 degrees in an electric skillet).
2. Add chicken, ginger, and garlic and cook 5 minutes or until chicken is no longer pink.
3. Add pineapple juice, 1 cup of orange juice, chicken broth, and vinegar. Cover and simmer for 5 minutes.
4. Add sliced vegetables. Cover and cook 3 minutes.
5. Mix remaining 1/2 cup orange juice, soy sauce, sugar, and corn starch together in a small bowl. Stir until smooth. Add to skillet and cook, stirring constantly, until mixture comes to a boil and thickens.
6. Add tomato wedges and pineapple chunks.
7. Refrigerate leftovers within 2-3 hours.

Bright Ideas:

Nutrition Facts			
Serving Size 1 cup (192g)			
Servings Per Container 10			
Amount Per Serving			
Calories 120	Calories from Fat 30		
% Daily Value*			
Total Fat 3.5g	5%		
Saturated Fat 0.5g	3%		
Trans Fat 0g			
Cholesterol 20mg	7%		
Sodium 300mg	13%		
Total Carbohydrate 13g	4%		
Dietary Fiber 1g	4%		
Sugars 9g			
Protein 9g			
Vitamin A 6%	• Vitamin C 60%		
Calcium 2%	• Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

10 servings, 1 cup each

Source: Marjorie Braker, OSU Extension, Clackamas County. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>