

# Sweet and Spicy Orange Chicken Stir-fry

**Serves:** 5 / **Prep time:** 15 minutes / **Total time:** 20 minutes

1 pound boneless, skinless chicken thighs  
2 tablespoons cornstarch, divided  
¼ cup water  
3 tablespoons orange juice concentrate  
2 tablespoons reduced-sodium soy sauce  
2 tablespoons sugar  
1 tablespoon chili garlic paste  
2 tablespoons white vinegar  
4 cloves garlic, peeled, minced  
½ teaspoon ground ginger  
2 tablespoons canola oil, divided  
1 cup cubed red bell pepper  
1 cup lengthwise-sliced baby carrots  
3 ⅓ cups cooked brown rice, prepared without salt or oil  
⅓ cup sliced green onions

Cut chicken thighs into bite-size cubes, place in a bowl, and toss with 1 tablespoon cornstarch; set aside.

In a small bowl, whisk together water, orange juice concentrate, soy sauce, sugar, chili garlic paste, vinegar, garlic, ground ginger, and remaining tablespoon cornstarch; set aside.

In a large skillet or wok, heat 1 tablespoon oil over medium-high heat. Add chicken and stir-fry until no longer pink; about 3 minutes. Remove chicken from skillet and keep warm. Place remaining tablespoon oil in skillet and add red pepper and carrots and stir fry 2 to 4 minutes. Return chicken to skillet and add orange juice mixture, stirring constantly allowing sauce to thicken and coat chicken and vegetables; about 4 minutes. Remove from heat and top with green onion. Each serving consists of about ¾ cup orange chicken over ⅔ cup brown rice.

*Created by Darlene Zimmerman, MS, RD, for Heart Smart and tested by Susan Selasky for the Free Press Test Kitchen.*

*396 calories (27% from fat), 12 grams fat (2 gram sat. fat, 0 grams trans fat), 49 grams carbohydrates, 20 grams protein, 289 mg sodium, 92 mg cholesterol, 40 mg calcium, 4 gram fiber. Food exchanges: 3 starch, 2 lean meat, 1 fat.*