

EASY ORANGE CHICKEN AND RICE

July 15

National Orange Chicken Day



INGREDIENTS

- 2 Pounds Chicken, cooked, frozen, Diced or Pulled, no skin, wing meat, neck meat, giblet, or kidney
- 3 Cloves Fresh Garlic
- 1-Inch Piece Fresh Ginger
- 1 Cup Freshly Squeezed Orange Juice
- ½ Cup Brown Sugar
- ¼ Cup Low-Sodium Soy Sauce
- 1 Tablespoon Sesame Oil
- Green onions for garnish
- Sesame seeds for garnish
- 4 Cups Cooked Enriched White Rice (for serving)

DIRECTIONS

1. Cut chicken into bite-sized pieces.
2. In a bowl, combine soy sauce, minced garlic, grated ginger, and half of the orange juice. Marinate the chicken for at least 30 minutes.
3. Heat oil in a large skillet over medium-high heat and sauté the marinated chicken until golden brown (about 6-8 minutes).
4. Add remaining orange juice, brown sugar, and sesame oil to the skillet; stir well.
5. Create a slurry with cornstarch and water; add to the pan to thicken the sauce.
6. Garnish with chopped green onions and sesame seeds before serving over rice.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Lunch/Supper

YIELD

2 Pounds

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Ounce Chicken + ¼ Cup Rice	2 Ounces Chicken + ¼ Cup Rice	2 Ounces Chicken + ½ Cup Rice	2 Ounces Chicken + 1 Cup Rice