

Orange Chicken

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Serves 4, 4 FSP per serving

Adapted from Hungry Girl

- 6 Tbsp flour
- 20 oz raw boneless, skinless chicken bre (cut into bite sized pieces)
- 2 eggs
- 1/2 cup orange juice
- 6 Tbsp thick teriyaki sauce
- 4 Tbsp scallions (chopped)
- 1 tsp garlic powder
- 1/2 tsp ginger (ground)

1. Preheat oven to 375. Spray a baking sheet with non stick spray.
2. In a bowl, combine 5 Tbsp flour, 1/2 tsp garlic powder, 1/4 tsp ginger. Mix well.
3. Place chicken in another bowl and coat with egg
4. One at a time, shake chicken pieces to remove excess egg and coat with flour. Place on a baking sheet and back for 8 minutes
5. Flip chicken, bake through until lightly browned and cooked through, 8 minutes more
6. Meanwhile, in a microwave safe bowl, combine orange juice with remaining 1 Tbsp flour. Whisk to dissolve. Add teriyaki, remaining garlic powder and remaining ginger. Mix well. Cover and microwave for 1 minute or until hot and thick.
7. Place chicken in a medium-large bowl. Top with sauce and gently toss to coat. Top with scallions if desired.