

Grant County

Orange Chicken with Bok Choy Stir Fry and Basmati Rice

Servings Per Recipe/Yield: 6

Ingredients:

1 ½ lbs.	Chicken Breast, Boneless, Skinless
½ cup	Whole Wheat Panko Breadcrumbs
1/3 tsp	Black Pepper
1/3 tsp	Salt
2 TBSP	Orange Zest
½ cup	Fresh Squeezed Orange Juice
3 TBSP	Honey
3 TBSP	Soy Sauce, Low Sodium
1 ½ TBSP	Ginger (minced)
2 tsp	Garlic (minced)
½ cup	Chicken Stock, low sodium
1/3 tsp	Red Peper Flakes
¼ cup	Water
1 tsp	Corn Starch

Directions:

1. Preheat oven to 400°F.
2. Spray a rimmed baking sheet with Nonstick cooking spray.
3. Place breadcrumbs, Mrs. Dash, and pepper into a large bowl. Shake a little to combine. Add chicken pieces and toss to coat chicken evenly.
4. Place chicken pieces in a single layer on the baking sheet.
5. Bake for 15 to 20 minutes the internal temperature of chicken reaches 165 degrees.
6. In a medium skillet (large enough to hold sauce and chicken), whisk together the orange zest, orange juice, honey, soy sauce, ginger, garlic, red pepper flakes, and chicken broth.
7. In a small bowl, whisk tother the water and corn starch, until it is very smooth. Add the mixture to saucepan.
8. Bring mixture to a boil and cook until sauce is thickened and reduced, about 3 to 4 minutes.
9. Add chicken to sauce and stir to coat evenly.

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Basmati Rice

Ingredients:

1 ½ cups	Basmati Rice
3 cups	Water

Directions:

1. Add rice and water to a medium saucepan and bring to a boil over high heat.
2. Once boiling, lower heat to a simmer and cover. Ensure the water is simmering and not boiling or the rice can cook too quickly on the outside and be crunchy in the middle.
3. Simmer until water is completely absorbed and rice is tender – about 15-25 minutes
4. Turn off the heat, remove the lid, fluff with a fork, put the lid back on, and let rest for 10 minutes

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Vegetables and Stir Fry Sauce

Servings Per Recipe/Yield: 6 servings

Ingredients:

1/3 cup	Rice Vinegar
1 TBSP	Lime Juice, Fresh
1 ½ TBSP	Honey
1 ½ tsp	Ginger (minced)
1 TBSP	Garlic (minced)
1 ¼ tsp	Sesame Oil
1/8 tsp	Mrs. Dash, Spicy
1 TBSP	Vegetable Oil
2 cups	Broccoli peeled into strips
1 cup	Thinly sliced Scallions
2 cups	Bok Choy sliced vertically
1 ½ cups	Carrots peeled into thin strips

Directions:

1. Stir together the rice vinegar, lime juice, honey, ginger, garlic, and sesame oil. Set to the side.
2. Heat oil in large Sauté pan over medium heat. Add broccoli, scallions, Bok choy, and carrots.
3. Cook, stirring occasionally until the bok choy and broccoli are tender but still vibrant.
4. Add sauce to vegetables and toss until vegetables are evenly coated in the sauce.

Directions:

To serve, add 1 cup of rice to each plate.

Top rice with 1 cup of Vegetables in Stir Fry Sauce.

Place 2 oz. of Chicken tossed in Orange Sauce on top of Rice and Stir fry.

Garnish each plate with 1 lime wedge and sprinkling of scallions.