

Orange Ginger Chicken

Enjoy orange chicken without the breading and frying. The marinade gives this chicken recipe a bright, fresh taste. You can also use this marinade recipe with fish or seafood. This also tastes great grilled.

Serves: 4

Serving Size: 3 ounces

1 pound boneless, skinless chicken breasts, pounded thin
1 tbsp orange zest
¼ cup orange juice
2 tsp grated ginger root
6 green onions, chopped
1 clove garlic, minced
1 tbsp olive oil



Directions:

1. Place all ingredients, except olive oil, into a resealable bag and marinate for 1 to 8 hours.
2. Remove chicken from marinade and discard marinade.
3. In a large sauté pan heat oil over medium heat.
4. When oil is hot, add chicken and sauté 4 to 5 minutes or until internal temperature reaches 165°F.

Per serving: 180 calories, 27g protein, 6g fat (21g saturated), 70mg cholesterol, 1g carbohydrate, 0g fiber, 1g sugar, 65mg sodium

% Daily Value: Vitamin A 2%, Vitamin C 6%, Calcium 2%, Iron 6%



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