

Orange Ginger Chicken

Ingredients:

- 1-Pound boneless, skinless chicken breast, cut into 2-inch cubes
- 1 Tablespoon orange zest
- ¼ cup fresh orange juice
- 2 Teaspoons grated ginger root
- 1 Tablespoon sesame oil
- 6 Green onions, chopped
- 1 Teaspoon garlic, chopped
- 1 Tablespoon olive oil
- Salt and pepper to taste



Directions:

1. Place all ingredients, except olive oil, into a zip log bag and marinate for 1 to 8 hours.
2. Add olive oil to a large sauté pan, over medium heat.
3. Remove marinated ingredients from zip log bag and sauté in heated pan for 4 to 5 minutes or until temperature reaches 165 °F.
4. Garnish with fresh chopped parsley.
5. Serve with a green salad or steamed vegetables.

Nutrition Information:

Serving size*: 1	Servings per recipe: 6
Calories per serving: 180	Total fat per serving: 8g
Total protein per serving: 17g	Total carbohydrates per serving: 9g

Nutritional Benefits:

Chicken is high in protein, selenium, phosphorus, niacin, and B6

*Serving size that is suggested for post-operative bariatric patients

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