

Oriental Chicken

1 pound chicken breasts, boneless, skinless,
cut into strips
1 cup orange juice, pulp free
2 cloves of garlic
3 tablespoons chili garlic sauce
(in the Oriental aisle of the grocery store)
1/2 teaspoon ginger
2 tablespoons corn starch

Whisk all of the ingredients except the chicken together until smooth. Place chicken strips into a large plastic storage bag and pour the marinade over the chicken. Marinate for 6 hours or overnight. Cook chicken over medium-high heat in a wok or in a non-stick skillet. Add fresh veggies as desired. Serve with brown rice. Makes 5 servings.

Nutrition information per serving: (chicken dish only) 202 calories; 30 grams protein; 4 grams fat; 36 grams carbohydrate; 558 mg sodium.